

WHOOPI GOLDBERG FINDS HER COMIC ROOTS

NEW HBO DOC EXPLORES A HILARIOUS UNSUNG HERO. PAGES 22-23

metro®

NEW YORK CITY'S #1 FREE DAILY NEWSPAPER

Monday, November 18, 2013 www.metro.us | t: MetroNewYork | f: MetroNewYork



Gossip: Alec Baldwin tries to flip the story

PAGE 21

Introverts can be outgoing sometimes

PAGE 27

Be thankful for these on-campus holiday tips

PAGE 19

Giants push streak to four, but Jets stumble

PAGES 34-36

Living under construction

Wide awake. Noise from nightly construction on the Brooklyn Bridge is keeping nearby residents from being able to sleep. **Deprivation.** Neighbors are fighting back against the city so that they can finally have a good night's rest. PAGE 04



Brooklyn Heights resident Roberto Gautier stands at the Brooklyn Bridge, where loud nightly construction is keeping him awake. / BESS ADLER, METRO



College with a personal touch

Walk through our doors—you'll be so much more than just a number! NYSCAS—where students get the personal guidance they need for success in college.

NYSCAS

New York School of Career and Applied Studies
a division of TOURO COLLEGE

877.369.7152 | 877.369.7227 x1003

Manhattan Brooklyn Queens

INFORMATION SESSIONS:

Manhattan: Wednesdays, 12 noon-5 pm

27-33 West 23rd Street, Admissions Office

Brooklyn: Wednesdays, 11 am-7 pm

1870 Stillwell Avenue, Admissions Office

www.touro.edu/nyscas

Touro College is an equal opportunity institution



OUR BIGGEST ONE DAY SALE

OF THE SEASON!
OUR LOWEST PRICES OF THE SEASON
ON SELECTED ITEMS

WEDNESDAY, NOV. 20 SHOP 7AM-11PM (IT'S A SALE TOO BIG TO FIT IN A DAY!)

ALSO SHOP TUESDAY, NOV. 19 FROM 8AM-11PM HOURS MAY VARY BY STORE.

FREE SHIPPING AT MACYS.COM WITH \$75 ONLINE PURCHASE.

NO PROMO CODE NEEDED; EXCLUSIONS APPLY.

DEAL OF THE DAY 19.99

SWEATERS
Reg. \$65-\$75. From
Tricots St. Raphael,
Weatherproof® and
Geoffrey Beene. S-XXL.
★ WebID 1037452.



DEAL OF THE DAY BUY 1, GET 2 FREE

SUITS OR SPORTCOATS
Reg. \$295-\$395 ea. From
Kenneth Cole Reaction®.
Includes free pants hem
alterations. ★ WebID 551084.



DEAL OF THE DAY 34.99

MEN'S DOCKERS®
Reg. \$58. Select
Signature, Saturday or
Off the Clock khakis.
Waists 30-42. For
example: ★ WebID
708724.



DEAL OF THE DAY 50% + 10% OFF

MEN'S DRESS & CASUAL BOOTS
Deal of the Day 31.50-
44.99. Reg. \$70-99.99.
From left: Madden (★ WebID
1010089), our Alfani
(★ 840687) and Unlisted by
Kenneth Cole (★ 1001515).



DEAL OF THE DAY 17.99

CLUB ROOM
Reg. 49.50.
Only at Macy's.
Dress shirts or ties.



DEAL OF THE DAY 70% OFF

**DESIGNER
CLEARANCE**
Deal of the Day
17.83-34.50.
Orig.* 59.50-\$115.
Tops, pants & more.



DEAL OF THE DAY 60% OFF

IZOD®
Deal of
the Day 19.20-\$20.
Reg. \$48-\$50. Select
sweaters or fleece tops.
★ WebID 941239.



DEAL OF THE DAY 50% OFF

**MEN'S
DRESS SHOES**
Deal of the Day \$45-\$55.
Reg. \$90-\$110. From left:
Rockport Felson (★ WebID
411047) & Bostonian Wenham
(★ 536577).



DEAL OF THE DAY 18.99

VAN HEUSEN
Reg. \$45.
Dress shirts in
patterns & solid
colors.



DEAL OF THE DAY 139.99

COATS
Reg. \$495.
Select styles.
S-XXL. Shown: Izod®
leather jacket.
★ WebID 1055347.



DEAL OF THE DAY 24.99

BAR III
Reg. 49.50-\$55.
Only at Macy's.
Contemporary
dress shirts
or ties.



DEAL OF THE DAY 49.99

**HAWKE & CO.
FOR MEN**
Reg. \$195.
Packable down jackets.
S-XXL. Shown:
★ WebID 980198.



DEAL OF THE DAY 29.99

**MEN'S CALVIN KLEIN
JEANS**
Reg. 69.50.
In favorite styles &
washes. Shown:
★ WebID 761854.



DEAL OF THE DAY 19.99

AMERICAN RAG
Reg. 39.50. Only at Macy's.
Young men's cotton
corduroy pants.
Waists 28-40. For example:
★ WebID 761854.



DEAL OF THE DAY 14.99

ADIDAS
Reg. \$25. Men's
performance tees.
S-XXL. For example:
★ WebID 470154.



DEAL OF THE DAY FREE 4-PC. GIFT

ESTÉE LAUDER
With the purchase of any 2 Estée
Lauder skincare items, receive
Advanced Night Repair Serum
plus your choice of face
and eye moisturizer in
a cosmetics bag.



DEAL OF THE DAY 18.99

**BLACK & DECKER
TOASTER OVEN**
Reg. 44.99. With
4-slice capacity.
#TO1322SBD.
★ WebID 792749.



DEAL OF THE DAY 129.99

**NAUTICA 5-PC.
LUGGAGE SET**
Reg. \$360. Shoreline
28" & 25" uprights,
21" carry-on, duffel
& utility kit.
★ WebID 499695.



DEAL OF THE DAY 40% + 10% OFF

DAMASK BEDDING
Deal of the day 26.99-
125.99. Reg. \$50-\$235.
Only at Macy's. Charter Club
sheet sets, comforters, more.
★ WebID 343297.



DEAL OF THE DAY 37.99

**3-PC. FULL-KING
COMFORTER SETS**
Reg. \$100. Only at
Macy's. Andover
(★ WebID 779446)
or Hamilton. Twin
also a Deal of the Day.



the magic of
 **macys**
BLOG P TW F ★
.com

Fine jewelry Deals of the Day are only available at stores that carry fine jewelry. One free gift per customer, while supplies last. Free item(s) must be of equal or lesser value than purchased item; returns must include the purchased and free item(s). ► REG. & ORIG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. ONE DAY SALE PRICES IN EFFECT 11/19 & 11/20/13. MERCHANDISE WILL BE ON SALE AT THESE & OTHER SALE PRICES THROUGH 1/4/14, EXCEPT AS NOTED. "Our lowest prices" refers to Macy's winter season 11/1/13-1/31/14; prices may be lowered as part of a clearance.

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO \$100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of \$100; application must qualify for immediate approval to receive extra savings; employees not eligible.

ONE DAY SALE DEALS OF THE DAY

SPECIALLY SELECTED ITEMS PRICED SO LOW YOU DON'T
NEED A SAVINGS PASS! AVAILABLE ALL DAY, TUES & WED

DEAL
OF THE
DAY!

DEAL OF THE DAY EXTRA 50% OFF

already
reduced prices

FOR A TOTAL SAVINGS OF 75%-85% OFF orig.* prices
CLEARANCE TOPS, PANTS, SKIRTS AND MORE FOR MISSES, PETITES & WOMEN
& IMPULSE CONTEMPORARY APPAREL FOR HER

DEAL OF THE DAY

27.99

MERINO WOOL
SWEATERS
Reg. \$79-\$89. Only at
Macy's. Charter Club
crewneck, turtleneck,
V-neck & cardigan
styles. Misses.



DEAL OF THE DAY

30% OFF
SUIT SEPARATES

Deal of the Day 20.30-104.30.
Reg. \$29-\$149. Jackets, pants,
skirts & more from Kasper &
more. Misses, petites & women.
Shown: ★ WebID 1079354,
★ 1079355, ★ 644897.



DEAL OF THE DAY

19.99

STYLE & CO. SPORT
Reg. \$44. Only at Macy's.
Crewneck sweatshirts
in patterns & solid colors.
Misses & petites.
★ WebID 1034283.



DEAL OF THE DAY

20% OFF
IMPULSE

Deal of the Day 19.20-95.20.
Reg. \$24-\$119. Contemporary
apparel selections
from Kensie, our RACHEL
Rachel Roy, Bar III & more.
Misses.



DEAL OF THE DAY

60% OFF

SUPER SOFT ROBE
Deal of the Day
25.60-27.20.

Reg. \$64-\$68.
Only at Macy's. From
Charter Club. Shown:
★ WebID 834219.



DEAL OF THE DAY

BUY 1, GET 1 FREE
CLEARANCE

Deal of the Day
\$6-223.50 + 1 free.
Orig.* \$20-\$298. Totes,
hobos, crossbodies,
wallets & more.



DEAL OF THE DAY

EXTRA 20% OFF
ACTIVEWEAR

Deal of the Day \$15-\$108.
Reg./Orig.* \$25-\$180. From
Calvin Klein Performance, our
Ideology & more. Misses.
★ WebID 910584 & ★ 963153.



DEAL OF THE DAY

**BUY 1,
GET 1 FREE**

CARTERS® PLAYWEAR
Reg. \$12-\$32 ea.
Sets, dresses,
tops, pants & more.
Infants' 3-24 mos.



DEAL OF THE DAY

6.99

CLEARANCE

Orig.* \$10-49.50.
Fashion jewelry:
necklaces, earrings,
bracelets & more.



DEAL OF THE DAY

ALL† FINE JEWELRY
30%-50% OFF

+ EXTRA 30% OFF SELECTIONS
Deal of the Day \$70-\$3920.
Reg. \$200-\$8000.
Diamonds, cultured freshwater
pearls, 14k gold, more.



DEAL OF THE DAY

50% OFF

CLEARANCE

Deal of the Day
14.99-\$500.
Orig.* 29.98-
\$1000.
Fashion
watches.



DEAL OF THE DAY

49.99

BOOTS FOR HER
Reg. \$69-\$89. From
BareTraps, Report, our
Style & Co., more. For
example: ★ WebID
938401, ★ 949957. Also:
wide calf. ★ 949958.



DEAL OF THE DAY

29.99

MINNETONKA
Reg. \$39.
Slippers for her.
★ WebID 717683
& ★ 961441.



DEAL OF THE DAY

44.99

EASY SPIRIT
Reg. \$69-\$89.
Comfort shoe selections
for her. For example:
★ WebID 606099,
★ 1042642 & ★ 233801.



DEAL OF THE DAY

\$119

BULOVA WITH
DIAMOND ACCENTS
Reg. \$325-\$350.
From left: stainless
steel (★ WebID 651389)
& two-tone (★ 651390).



DEAL OF THE DAY

60% + 10% OFF
DUBLIN CRYSTAL COLLECTION

Deal of the Day
7.19-71.99.
Reg. \$20-\$200.
Serveware, barware,
decanters and more.
★ WebID 311055.



DEAL OF THE DAY

50% + 10% OFF
TABLE LINENS

Deal of the Day
10.80-\$45. Reg. \$25-\$100.
All tonal & solid color
styles. Shown:
Lenox Laurel Leaf.
★ WebID 86708.



DEAL OF THE DAY

50% OFF
MARTHA STEWART
COLLECTION™

Deal of the day 3.99-
64.99. Reg. \$8-\$130.
Only at Macy's.
Dinnerware, glassware,
more. ★ WebID 247562.



DEAL OF THE DAY

49.99

6-QT. COLLECTOR'S
CASSEROLE

Reg. 149.99. Enameled
cast iron from Martha
Stewart Collection™.
★ WebID 643418. Also:
50% off other sizes.



the magic of
macy's
.com



*Intermediate price reductions may have been taken. †Does not include watches, designer collections, fashion jewelry or diamond engagement rings. Extra savings are taken off already-reduced prices; "Deal of the Day" prices reflect extra savings; does not apply to Everyday Values, super buys, specials or trunk shows. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macys.com/gemstones or ask your sales professional. Deal of the Day & clearance items are available while supplies last. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Prices & merchandise may differ at macys.com. Electric items & watches carry mfrs' warranties; to see a mfr's warranty at no charge before purchasing, visit a store or write to: Macy's Warranty Dept., PO Box 1026, Maryland Heights, MO 63043, attn: Consumer Warranties. ★ Enter the WebID in the search box at MACYS.COM to order. N3100446.



1

NEWS

Top 3

What's trending online at Metro.us

1 VIDEO: Hilarious 'Gravity' parody shows woman lost in Ikea'

2 PHOTOS: @Cookingforbae highlights the worst meals posted to Instagram'

3 Michigan State fans trick Columbia Lions into two shot-clock violations'

Quoted

"We're asking that DOT reassess the situation and that they do everything they can to do as much work as they can when it's not the middle of the night."

Councilman Stephen Levin



Night construction on the Brooklyn Bridge is causing some nearby residents to have trouble sleeping.

Roberto Gautier and his wife Elissa say that the constant noise keeps them awake. / LESLIE ARLETTE BOYCE AND BESS ADLER, METRO



Noisy nightly repairs 'torture' Brooklynites

Making noise.

Some residents say that evening Brooklyn Bridge construction is a nightmare.

Twenty-three stories below Roberto Gautier's apartment at 140 Cadman Plaza West in Brooklyn Heights, the noise begins at 11 on weeknights.

Jackhammers, drills and repetitive beeps from construction vehicles continue until 6 a.m., roughly 30 minutes before Gautier and his wife must get up for work — though the couple wakes several times

at night from the racket.

"With sleep deprivation, it's similar to Abu Ghraib or some sort of torture," said 67-year-old Gautier with a dry chuckle. "We're high-value targets."

For the last few years, the rehabilitation construction on the Brooklyn Bridge has left Gautier and his neighbors restless. The Department of Transportation's noise-mitigation efforts have failed, building tenants say, and many worry there is no end in sight.

Residents formed a Peace & Quiet Committee run by Gautier in 2011. They've sent petitions asking the DOT to institute air and noise controls.

"We're not receiving any sympathy from the city

No peace



"My doctor is becoming concerned and suggested I move. If I could, I would."

Leslie Arlette Boyce
Tenant of 140 Cadman Plaza West

officials," Gautier said.

Though the DOT said construction is currently scheduled to complete next spring, Gautier was told by officials during a Working Group meeting last month that the project doesn't have an end date.

"It's like a case of two versions of reality," he said.

DOT spokeswoman Nicole Garcia said the agency works with the Department of Environmental Protection to reduce noise, using smaller jackhammers, and sound blankets around work zones.

Though Garcia said applications for after-hours work are "carefully reviewed," Arline Bronzaft, an environmental psychologist and the mayor's

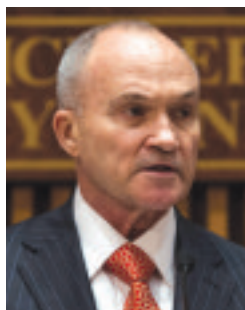
advisor on noise, said the city should have more closely examined how the community's health would have been affected before approval.

Gautier's wife wakes in their apartment with heart palpitations — just one side effect of sleep deprivation, according to Bronzaft. Chronic noise causes high blood pressure, fatal heart attacks and obesity, she said.

"When I look in the mirror, I look like I have eye bags that are for like a 90-something-year-old man. It's infuriating," Gautier said.

ANNA SANDERS
anna.sanders@metro.us

De Blasio, Kelly 'cleared the air'



Bill de Blasio and Ray Kelly spoke on Friday about the Playboy interview. / GETTY IMAGES

Mayor-Elect Bill de Blasio said that he and Police Commissioner Ray Kelly "cleared the air" last week after Playboy published an interview in which the top cop agreed with the suggestion that the Democratic mayoral candidates were "full of s—."

De Blasio said the two were "moving forward" after a phone call that took place on Friday.

"I'm not going to get into the details of the

Transition

"We have an important transition to do in terms of the NYPD and in terms of the administration as a whole." De Blasio

conversation, but it was a good conversation and we cleared the air and we're moving forward," de Blasio

said Saturday.

During the campaign, de Blasio was an outspoken critic of Kelly's implementation of the NYPD's practice of stop-and-frisk, promising to replace the commissioner if elected.

"I have worked with him for over 20 years, respect him, obviously disagree with him on some core issues," de Blasio said. "I'm certain we're going to have an effective transition." ANNA SANDERS



Queens, NY
circa 1941

Fought for freedom then. **Wants his independence now.**

Find out why your peers refer their patients to Healthfirst®
Managed Long Term Care. **Call us to start a conversation.**

1.855.551.6991 TDD/TTY: 1.888.542.3821
7 days a week, 8am–8pm

NEW!

www.ReferToday.org/MLTC2

Use our easy, online referral form to refer
your patients in need of long term care to us.



©2013 HF Management Services, LLC

Construction. Worker dead after falling from NYU building

A construction worker is dead after falling from scaffolding on the sixth floor of a New York University building on Friday, police said.

Jamie Sillart, 56, of Bergenfield, N.J., was working on the facade of NYU's Languages and Literature Building at 19 University Place when he slipped and fell from his perch about 11:30 a.m.

He landed on the adjacent rooftop of the NYU Cantor Film Center at 269 Greene St., police said.

Sillart, an employee of D.P. Consulting Corp., was taken to Bellevue Hospital, where he was pronounced dead.

The university released a statement outlining its response to the accident and extending its sympathies to Sillart's family.

"The university

Deadly details

Jamie Sillart, 56, fell from the sixth floor while working on a New York University building.

- He was doing facade work on the Languages and Literature Building when he fell.
- The University has suspended all work on the building while the case is investigated.

has also shut down all facade work [around campus] to ensure that our contractors are in compliance with their safety plans. NYU prides itself on its excellent safety record and will cooperate with any government investigation of this tragic incident."

EMILY JOHNSON



Zombies take over Astoria, Queens

The undead turned out in hordes to kick off the holiday season with the 2013 Queens Thanksgiving Zombie Walk in Astoria on Saturday. Walking dead of all ages shuffled down 30th Avenue before making their way to Hell Gate Social to take part in a best costume competition as five bands played. This is the third year that the zombie walk has taken place.

COURTESY OF JOHNNY BLAZE LEAVITT

Investigation

Man, 22, killed in Bronx shooting on Sunday

A young man was killed in a shooting that took place in the Bronx on Sunday morning, police said.

About 6:15 a.m., police officers assigned to Bronx Lebanon Hospital responded to reports of a shooting three blocks away.

The officers found 22-year-old Rafael Alam shot in the chest at East 174th Street and Jerome Avenue in Morris Heights.

Alam, of Fordham Heights, was brought to the hospital, where he was later pronounced dead, police said.

No arrests have been made so far in the shooting, and police said the investigation is ongoing.

ANNA SANDERS

FREE WORKSHOP
DECEMBER 2, 3, 4, 5

HERE'S HOW YOU CAN BEAT THE ODDS & ACHIEVE FINANCIAL FREEDOM!

The crash of 2008 taught us that *your nest egg is not safe under somebody else's control.*

Two Things You Must Know To Beat The Odds

#1: Governments are printing absurd amounts of money to pay off their ever-increasing debt.

#2: Globalization is driving down wages in America. That means you will be working harder and getting paid less...with money that actually buys less!

Don't Panic - Get Prepared

There is a way out! You can STOP playing the game by the old rules and learn "The New Rules of Money!"

Your Solution To Today's Money Crisis

Take control of your financial future. Boost your Financial IQ at our **FREE Rich Dad Education® Workshop** based on the teachings and philosophies of entrepreneur, investor and author, **Robert Kiyosaki**.

This totally FREE Workshop will show you how to:

- Create New Streams of Income
- Build Your Investment Portfolio Using Creative Financing Options
- Find Hidden Investment Opportunities
- And Much More!

The Choice Is Yours: Paycheck-To-Paycheck Or Financially FREE?

Time is running out.

You owe it to yourself to attend this **Free** event.

To change your life, change your way of thinking. To change your way of thinking, discover the Secrets to Success!

We look forward to helping you. **You have nothing to lose and everything to gain.**

"In today's economy, knowledge is the new money!"

- Robert Kiyosaki

Robert Kiyosaki - Entrepreneur, Investor, Educator, and Author of the International Bestseller **Rich Dad Poor Dad** (Over 25 million copies sold)

Robert Kiyosaki will not attend this event

CHOOSE YOUR FREE GIFT

The "Master Key" to Financial Success!

A 2.0 GB USB Drive loaded with valuable information

- OR -

"The Sacred Cows of Money"

An eye-opening DVD that explores 8 myths about money and the right path to financial security!

RESERVE YOUR SEAT TODAY!

For The Free Rich Dad Education Workshop Coming To **New York City and Surrounding Areas**

December 2, 3, 4, 5

Call now or visit us online

1-888-272-9631

RichDadNY.com

PLUS! A CHANCE TO WIN A FREE KINDLE™ FIRE HD JUST FOR ATTENDING

HAVE YOU SEEN WLNY LATELY?



DICK BRENNAN



ALICE GAINER

FIND OUT FIRST NEWS @ 9:00 WEEKNIGHTS



cbsnewyork.com

Manhattan Dental Arts

VISIT THE IVY LEAGUE
OF DENTISTRY!

Get your

snapon
smile

from the *inventor!*

Only
\$1,099

limited time offer

In the heart of Lincoln Center

1995 Broadway, Suite 200

888-572-3418

www.manhattandentalarts.com



HOLIDAY SPECIAL TEETH WHITENING

SPECIAL

\$295 In Office (Reg. \$695)

\$195 Take Home Kit (Reg. \$495)

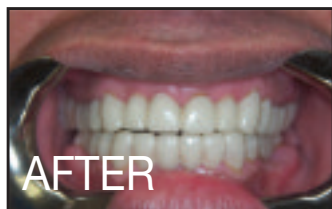
snapon
smile

IS EXCELLENT FOR:

- Missing teeth
- Gaps, crooked or strained teeth
- Alternative to Bridges, Implants and Crowns
- Customized Hollywood smile



BEFORE



AFTER

ALSO SPECIALISTS ON STAFF IN...

- Cosmetic Dentistry
- Veneers
- Dental Implants
- Gum Treatment
- Root Canal Therapy
- Invisalign

FREE
CONSULTATION

and Preview of your
Hollywood Smile
(valued at \$250)

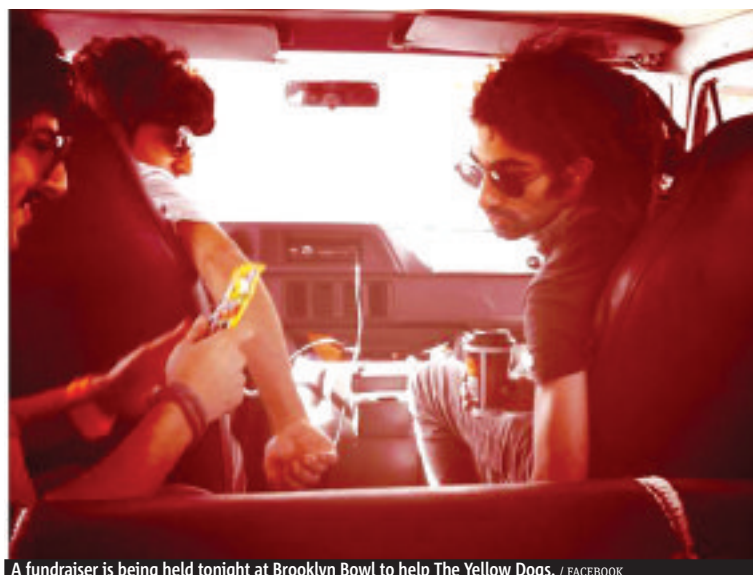
Flex Spending
Accepted
Most Insurances
Accepted

metro

www.metro.us
Monday, November 18, 2013

NEW YORK

8



A fundraiser is being held tonight at Brooklyn Bowl to help The Yellow Dogs. / FACEBOOK

Musicians honor The Yellow Dogs with benefit show

Right chord. A group of musicians will pay tribute to the band at a fundraiser.

Brooklyn Bowl is set to host a memorial show that will benefit the surviving members of The Yellow Dogs and their families tonight.

The Yellow Dogs played one of their last gigs at the Williamsburg music venue before two

of their members and a close friend were killed in a murder-suicide last week.

The suspected shooter, identified by cops as 29-year-old Ali Akbar Mohammadi Rafie, showed up at the band's house in East Williamsburg on Monday, Nov. 11, wielding an assault rifle.

After shooting his way through the house, Rafie killed himself, cops said.

Nearly two dozen musicians, bands and DJs will perform at the fundraiser. Doors open at 6 p.m. and tickets start at \$15. All

Big benefit

All proceeds raised from the show will go to the Yellow Dogs, their families and others that were impacted by the shooting.

proceeds will go toward helping the families of the victims and offsetting the costs for survivors like Sasan Sadeghpourosko, who was shot in the arm.

EMILY
JOHNSON
letters@metro.us

Staten Island

Woman dies in house fire

A woman died in a fire in her Staten Island home Saturday night, officials said.

The fire broke out in the 61-year-old woman's Willowbrook home, police and fire officials said.

After the fire was extinguished, police found the woman with severe burns. Emergency personnel declared her dead at the scene, police said.

ANNA SANDERS

NYPD. Suspect shot in police confrontation

A Queens man is in critical condition after being shot by police he allegedly threatened in a bloody confrontation early Saturday morning.

Four officers arrived at the Beach 41st Street Houses in the Rockaways shortly before 1 a.m. Following the sound of screaming, they encountered the 25-year-old suspect. He reportedly pointed his weapon at the officers.

One of the cops shot



THE WEAPON
NYPD

the suspect in the torso twice. He was taken to Jamaica Hospital, where he is listed in critical condition. EMILY JOHNSON

NEW YORK STARTS HERE!

NY SKYRIDE

MOVIE • MOTION • SIGHTS™

ENERGETIC, DRIVEN, ENTHUSIASTIC, PERSONABLE, PASSIONATE!

If these characteristics describe you, please keep on reading.

Job Description:

Initiating contact with potential **NY SKYRIDE** guests

Engaging potential guests in conversation about the **NY SKYRIDE**

Finalizing sales of **NY SKYRIDE** tickets

Successful candidates will have:

Previous sales experience in a goal or quota driven environment

Excellent communication skills

An outgoing personality and positive attitude

Strong organizational skills paired with impeccable time management abilities

No aversion to the elements (this is an outdoor position!)

The ability to be a team player or work independently

A high school diploma and previous sales/cashier experience

A knowledge of tourism industry/NYC a plus

Multi-lingual individuals are welcome!

Salary ranges between \$10-\$25 per hour

To learn more about us, visit www.nyskyride.com

If you are interested in applying, please forward your resume to skyridesales@gmail.com. Applications are also available on the 2nd floor of the Empire State Building, 350 Fifth Avenue - use the 33rd Street entrance. Pick up your application at our Ticket Counter/Concession Stand.

Gifts are pouring in for Tony's Metro Magic

Giving spirit. Our generous readers are writing in about their donations to our toy drive for kids in need.

Gifts have started to arrive at the Metro offices in New York, Philadelphia and Boston for Tony's Metro Magic, and our generous readers are writing in about their donations.

Metro's annual holiday toy drive for children in need is done in conjunction with Toys for Tots and the U.S. Marines.

It was formerly overseen by our beloved editor-in-chief, Tony Metcalf, who passed away in July from cancer at age 50. Metro Magic was an initiative that he held dear to his heart, and we've renamed the event in his honor.

Here are just a few notes from some of our generous readers who have donated gifts to needy children this year.

"I just wanted to thank you for running this drive and letting us know in the paper. I donated a Let's Cuddle Elmo ... because what kid wouldn't love that?!" **TOM AREVALO**

"I would like to do-



Josia DuBose, 4, plays with his gifts. / NICOLAUS CZARNECKI, METRO

What to give

Metro is collecting new, unwrapped gifts, not clothes.

- Things like action figures, dolls, board games and sports toys, like a football, are always good.
- And don't forget about older children, ages 11

and up. Older children would love to receive an MP3 player, a makeup kit or a poster from their favorite movie this year.

- Spending \$10 or \$20 on a toy or two for a needy child can make a big difference.

Quoted

"Good luck with the rest of the wish list. It is a wonderful gesture that you are doing."

Joann Farda

nate these toys on behalf of my sons Christopher and Brandon Minott. I

wanted them to know we can help others and make other children happy. Thank you. I am so grateful I could help other children." **BERNICE HUDLEY**

"I wanted to give a shout-out to Metro and the Marines for doing a wonderful thing at the holidays. Keep up the great work. I hope the children have a merry Christmas." **NAME WITHHELD**

How to take part



1 Look for the Tony's Metro Magic logo on our website, Metro.us.

2 One click on the logo will take you to a "Wish List" we have set up via a secure link on ToysRUs.com.

3 Once there, you can see all the toys we've already requested for kids, and more are being added daily. Simply select the toys you want and purchase them. That's it! Selecting only the toys on our Wish List ensures that all the gifts will be shipped to our offices.

Health care

Pelosi denies Democrats retreating from Obamacare

The top Democrat in the House of Representatives said on Sunday that her party would not abandon President Barack Obama's landmark health care reform law, despite unrelenting Republican opposition and emerging signs of market turmoil for consumers and health insurers.

Two days after 39 House Democrats joined Republicans on a bill aimed at undermining the law known as Obamacare, House Democratic leader Nancy Pelosi denied that Democrats have lost confidence in Obama's ability to overcome a botched rollout of his

signature domestic policy achievement.

"There's a lot of whoop-de-do and ado about what's happening," Pelosi told the "Meet the Press" program.

"It doesn't mean: Oh, it's a political issue, so we're going to run away from it. No. It's too valuable for the American people," she said, claiming similar numbers of Democratic lawmakers have joined Republicans on votes that challenged Obamacare in the past.

REUTERS

Quoted

"Democrats stand tall in support of the Affordable Care Act."

Nancy Pelosi



Obama met with insurance executives at the White House for what was described as a "brainstorming" session about cancellation victims and the enrollment challenges. / GETTY IMAGES

SPECIAL INVISALIGN SALE



0%
financing as
low as
\$99/month

\$2500
invisalign express!
exp. 11/30/13

FEEL CONFIDENT IN YOUR SMILE.

ASK IF INVISALIGN IS RIGHT FOR YOU ~ THE CLEAR ALTERNATIVE TO BRACES

Invisalign Center Of NY

at Manhattan Dental Spa

200 Madison Ave, Suite 2201 • 212-683-2530 | manhattandentalspa.com

Elite PROVIDER for the last 9 years





Weeknight



November 18 - 22

10PM to 5AM, Monday to Friday

No A trains between 59 St and 207 St

No D trains between 59 St and 161 St-Yankee Stadium

B and C services end early each night

Take 1 2 4 trains, free shuttle buses and special service on the M4, Bx12, and Bx19

Travel Alternatives:

- A** Customers — take the **1** for service between **Midtown** and **Washington Heights**.
- D** Customers — take the **2** and **4** for service between **the Bronx** and **Midtown**.
 - Along **Central Park West**, use nearby **1 2** stations along **Broadway** instead.
 - In **Harlem**, use nearby **1 2** stations or take free shuttle buses *to/from* the **110 St** or **157 St 1** stations. **Bx19** buses run along **145 St**.
 - In **Washington Heights**, use nearby **1** stations along **St Nicholas Av** instead.

Stay Informed

We understand the inconvenience this may cause you and we will do everything possible to help you get to your destination safely and easily. For updates, look for station posters, call 511, or visit mta.info to sign up for free email or text message alerts.

####FASTTRACK



Vaping zone

First airport e-cigarette zone to open at Heathrow

Electronic cigarette maker Gamucci is to open the world's first airport "vaping zone" for e-cigarette users at London's Heathrow later this month, highlighting the rise of the smoke-free

Electronic cigarette
GETTY IMAGES

devices.

The new indoor zone will open on Nov. 25 in the international departure lounge at Terminal 4, with entry restricted to those aged 18 and over, Gamucci said in a statement Sunday.

Sales of e-cigarettes have boomed in recent years, prompted in part by restrictions on smoking. The battery-driven de-

vices allow users to inhale nicotine-laced vapor and are seen as a less harmful alternative to smoking.

Governments are currently struggling to work out the best way to regulate them. Britain decided in June to regulate them as medicines from 2016, but European parliamentarians last month rejected the idea of doing the same. **REUTERS**

Report

Apple buys Israel's PrimeSense for \$345M

Apple has bought PrimeSense, an Israeli maker of chips that enable three-dimensional machine vision, for \$345 million, the Calcalist financial newspaper reported on

Sunday without citing sources.

PrimeSense has raised \$85 million from Israeli and U.S. venture capital funds such as Canaan Partners Global, Gemini Israel and Genesis Partners, Calcalist said.

PrimeSense's sensing technology was used to help power Microsoft's Xbox Kinect. **REUTERS**

BUY 1 WINDOW GET 1 WINDOW

50% OFF¹

SAVE UP TO THOUSANDS!

Because our window's Fibrex material is **twice as strong as vinyl**, our window will help make your home **safer, stronger and more comfortable**. And right now, buy one of our windows—**ANY SIZE**—and your next window is **50% OFF!**¹

- **EVERY** double hung window
- **EVERY** casement window

- **EVERY** gliding window
- **EVERY** specialty window

OFFER ENDS DEC. 22ND

BUY 1 WINDOW GET 1 WINDOW 50% OFF¹

WITH

\$0 0 0% MONEY DOWN PAYMENTS INTEREST FOR 1 YEAR¹

with our Instant Product Rewards.

Renewal
by Andersen®
WINDOW REPLACEMENT



an Andersen Company

CALL FOR YOUR
FREE WINDOW DIAGNOSIS

800-357-3815

*Restrictions and conditions apply. See your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas. Discount applied by retailer representative at time of contract execution and applies to minimum purchase of 6 or more windows. Offer does not include baybow windows. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for discount offer and upgrade, initial contact for a free Window Diagnosis must be made and documented on or before 12/22/13, with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 12 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen. Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. NJ Consumer Affairs License #: 13H01541700. NYC Consumer Affairs License #: 1244514. Nassau Consumer Affairs License #: H081015000. Suffolk Consumer Affairs License #: 43991-H. NYC 1307704. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2013 Andersen Corporation. All rights reserved. ©2013 Lead Surge LLC. All rights reserved. *See limited warranty for details.

PlayStation 4 units fly off shelves in first day



Customer service representatives, in yellow, brief camped-out shoppers as they wait in line to purchase the new PlayStation 4 at a midnight opening at Best Buy in Fairfax, Va. / GETTY IMAGES

Gaming. Sony is counting on the console to revive its consumer electronics business.

Sony Corp. said on Sunday it had sold 1 million units of its new PlayStation 4 gaming console in the first 24 hours that it was available in the United States and Canada.

Andrew House, the head of Sony Computer Entertainment, the unit of Sony that oversees PlayStation, said in a statement that "sales remain very strong in North America."

"We expect continued enthusiasm as we launch the PlayStation 4 in Europe and Latin America

on Nov. 29," House said.

Sony Corp. had previously announced it had received more than 1 million advance orders for the console. Still, the initial sales figures are Sony's first salvo in a battle brewing with Microsoft Corp.'s Xbox One console, which goes on sale Nov. 22.

Robert W. Baird & Co. analyst Colin Sebastian has said he expects 2.5 million to 3 million PlayStation 4 shipments in the fourth quarter through North America. **REUTERS**

Units

5M

Sony is aiming to sell 5 million PS4 units by the end of its fiscal year that ends on March 31.

The First The Last The ONLY!



Actual size
is 30.6 mm

50 Years later the 1964 Silver Proof Set still shines bright

On November 25, 1963, just three days after the tragedy in Dallas, the U.S. Mint began work on the 90% Silver Kennedy Half Dollar. It would prove to be one of the most popular half dollar designs in our nation's history. Not surprisingly, when Americans discovered that the brand new Kennedy Half Dollar was the centerpiece of the 1964 U.S. Silver Proof Set, demand immediately soared through the roof!

By January 11th, 1964, the Mint was forced to halt orders for the 1964 Silver Proof Set, and eventually had to reduce the original maximum order of 100 Proof Sets down to just 2 sets per buyer in the face of such staggering demand. Finally, on March 12, even the limit of 2 sets was halted because the Mint received orders for 200,000 Proof Sets in just two days!

Fifty years later, the 1964 Silver Proof Set is still in great demand.

Why? Because this set is chock full of "Firsts", "Lasts" and "Onlys":

1964 Proof Set Firsts, Lasts & Onlys

- ✓ The **FIRST** year Kennedy Half Dollar Proof
- ✓ The **FIRST** Proof set to feature a former president on every coin
- ✓ The **LAST** Proof Set struck at the Philadelphia Mint
- ✓ The **LAST** year the Roosevelt Dime, Washington Quarter and Kennedy Half Dollar were struck in 90% silver for regular production
- ✓ The **ONLY** 90% Silver Kennedy Half Dollar Proof ever minted for regular production
- ✓ The **ONLY** Kennedy Half Dollar Proof struck at the Philadelphia Mint

As we approach the 50th Anniversary of JFK's 1963 assassination this year, the 1964 U.S. Silver Proof Set is back into the spotlight again. Each set contains the 1964 Lincoln Cent and Jefferson

Nickel, along with three 90% Silver coins: the Silver Roosevelt Dime, Silver Washington Quarter, and the 1964 Silver Kennedy Half Dollar—the only 90% Kennedy Half Dollar ever struck for regular production.

Saved from destruction—but how many sets survived?

Collectors know that the key is to find those sets still preserved in the original U.S. Mint "flat pack" just as issued. And over the past 50 years, that has become more and more difficult! Since this set was issued, silver prices have risen from \$1.29 per ounce to over \$48 per ounce at the silver market's high mark. During that climb, it is impossible to determine how many of these 1964 Proof Sets have been melted for their precious silver content. The packaging on thousands of other sets has been cut apart to remove the silver coins—so there is no way to know for certain how many 1964 U.S. Proof Sets have survived to this day.

Order now—Satisfaction Guaranteed

We expect our small quantity of 1964 U.S. Silver Proof Sets to disappear quickly, so we urge you to call now to secure yours. You must be satisfied with your set or simply return it within 30 days of receipt for prompt refund (*less all s/h*). **Limit: 5 per household.**

1964 U.S. Silver Proof Set \$59.00 plus s/h

TOLL-FREE 24 HOURS A DAY

1-800-969-0686

Offer Code KPS203-02
Please mention this code when you call.



GovMINT.COM®
YOUR ONE BEST SOURCE FOR COINS WORLDWIDE

14101 Southcross Drive W., Dept. KPS203-02
Burnsville, Minnesota 55337
www.GovMint.com

Prices and availability subject to change without notice. Past performance is not a predictor of future performance. NOTE: GovMint.com® is a private distributor of worldwide government coin and currency issues and privately issued licensed collectibles and is not affiliated with the United States government. Facts and figures deemed accurate as of October 2013.
©2013 GovMint.com.

Mars Orbiter aims to crack mystery of planet's lost water

Launch. NASA has 20 days to get MAVEN off the ground while Earth and Mars are favorably aligned.

Scientists have no doubts that oceans and rivers once pooled on the surface of Mars, but what happened to all that water is a long-standing mystery.

The prime suspect is the sun, which has been peeling away the planet's atmosphere, molecule by molecule, for billions of years.

Exactly how that happens is the goal of NASA's new Mars Atmosphere and Volatile Evolution Mission, or MAVEN, which is scheduled for launch at 1:28 p.m. today from Cape Canaveral



A channel once formed by flowing water on Mars. / GETTY IMAGES

Quoted

"The atmosphere must have been thicker for the planet to be warmer and wetter. The question is where did all that carbon dioxide and the water go?" Jakosky

Air Force Station in Florida. Upon arrival in, September 2014, MAVEN will put itself into orbit around Mars and begin scrutinizing the thin layer of gases that remains in its skies.

"MAVEN is going to focus on trying to understand what the history of the atmosphere has been, how the climate has changed through time and how that has influenced the evolution of the surface and the potential habitability — at least by microbes — of Mars," said lead scientist Bruce Jakosky, with the University of Colorado at Boulder.

Specifically, MAVEN will look at how much and what type of radiation is coming from the sun and other cosmic sources and how that impacts gases in Mars' atmosphere. **REUTERS**



The United Launch Alliance Atlas V rocket with NASA's MAVEN spacecraft appears ready for its mission to Mars. GETTY IMAGES

Twisters. Strong storms could spawn tornadoes in Midwestern states

Severe storms were expected to spread across several southeastern U.S. states Sunday and into today with tornadoes, high winds and large hail possible, weather forecasters said.

A second storm front expected to hit California late Sunday night will bring significant snowfall to the mountain regions,

according to the National Weather Service, before rolling into the southern United States later in the week.

The potential for severe storms stretched from the Gulf of Mexico in Mississippi to southern Indiana and Ohio, said AccuWeather.com meteorologist Bill Deger. **REUTERS**

Outbreak

Princeton can import vaccine for meningitis

A meningitis vaccine approved for use in Europe and Australia but not in the United States can be imported to try to stop an outbreak of the disease at Princeton University in New Jersey, federal health

officials said.

The Food and Drug Administration agreed last week to the importation of the vaccine, Bexsero, for potential use on the Ivy League campus, Barbara Reynolds, a spokeswoman for the Centers for Disease Control and Prevention, said on Saturday. **REUTERS**

DERMATOLOGY

Medical, Cosmetic & Surgical Dermatology

All Skin Disorders • All Nail Disorders • All Hair Disorders • All Skin Growths



- Acne
- Cysts
- Warts
- Vitiligo
- Herpes
- Rashes
- Eczema
- Psoriasis
- Hair Loss
- Seborrhea
- Aging Skin
- Birthmarks
- VD & STDs

- Skin Cancer
- Skin Growths
- Genital Warts
- Skin Allergies
- Nail Disorders
- Mole Removal
- Chemical Peels
- Leg Vein Removal
- Broken Blood Vessels
- Red Spots
- Torn & Split Earlobe Repair
- Custom Skin Care

- Scar Correction
- Scalp Conditions
- Fungal Conditions
- Wrinkle Treatment
- Tumors & Growths
- White & Dark Spots
- Complexion Problems
- Laser Treatments
- Restylane
- Hair Removal
- Botox/Collagen
- Skin Rejuvenation
- Cosmetic Skin Surgery
- Laser Peels

All Insurance Plans, Unions, HMOs, PPOs Medicare & Medicaid Accepted
Day, Evening & Weekend Appointments Available

Board Certified / University Affiliated



1455 West Avenue, Bronx, NY 10462 • Tel: 718-239-1500

Right next to the Post Office and Macys

Bronx: Co-op City
2100 Bartow Ave., Suite 211,
Bay Plaza Shopping Center
718.671.1000

Midtown Manhattan
200 Central Park South, Ste 107
Corner of 7th Ave & 59 St.
212.262.2500

Bronx: Third Ave
291 E. 149th Street,
Bet. Cortland & Morris
718.742.1000

www.adv-derm.com

1.800.545.SKIN (7546)



New York City's Premiere Medi-Spa and Wellness Center



manhattan total health

SPORTS MEDICINE • PHYSICAL THERAPY • CHIROPRACTIC
ACUPUNCTURE • MASSAGE THERAPY

Grand Central:
144 E. 44th St., 6th Fl.
New York, NY 10017
(212) 905-0090

Midtown:
22 E. 49th St., 5th Fl.
New York, NY 10017
(212) 832-9127

West Side:
57 W. 57th St., Ste. 1012
New York, NY 10019
(212) 906-0140

Wall Street:
39 Broadway, Ste. 610
New York, NY 10006
(212) 514-5868



www.manhattantotalhealth.com



Woman drives 600 miles, saves 27 typhoon victims

Cost. The government estimated damage to infrastructure and agriculture at about \$230 million.

After not hearing from her family in the central Philippines for four days, Regina "Gina" Balosca Sculley knew she had to do something. The 34-year-old woman did something astonishingly bold: She rented a van and set off on a 600-mile journey to rescue her family members from a village ravaged by Typhoon Haiyan, NBC News reported.

Her husband, Michael Sculley, told NBC: "It's unbelievable, it's like a movie." The Sculleys live in Angeles City, near Manila, but Gina's family lives just 30 miles away from Tacloban, one of the hardest-hit areas. Sculley and seven of her friends left home on

Tuesday and drove a 12-seat van 600 miles to the south, passing through dangerous areas plagued by militia attacks and even a prison break.

Still, Sculley carried on with her mission and reached her hometown of MacArthur in Leyte province on Friday, where she found it flattened by Haiyan. She found her family members, and though they were sick and dehydrated, they were all alive.

ANDREA PARK

letters@metro.us

Helping

45

Sculley and her friends passed out 45 gallons of water, 110 pounds of rice and hundreds of dollars' worth of non-perishable food and medicine to the villagers. Sculley said she wished she could have helped more people, but her relatives were her top priority.



Tacloban locals make use of the clean water when available. / GETTY IMAGES

Evacuation

A dozen of Sculley's relatives and family friends squeezed into her van, while 15 others were given bus fare to get back to the

north. The evacuees are now staying in an apartment near the Sculleys' home as they figure out how to move forward.

Looking for 50 Homeowners to Qualify for a FREE Home Solar System

- ☐ Own Your Own Home
- ☐ Have a Southernly-Facing Roof
- ☐ Little to No Shading
- ☐ Pay an Electric Bill

The U.S. Government and State of New York have financial incentives that provide homeowners the opportunity to replace your electric provider with solar power.

Roof Diagnostics Solar is now qualifying 50 homes for a FREE home solar system. Call 1-800-824-6764 to see if your home qualifies!

1-800-824-6764 **ROOF DIAGNOSTICS SOLAR**

HURT AT WORK?

**WORKER'S COMPENSATION
CONSTRUCTION ACCIDENTS
MOTOR VEHICLE ACCIDENTS**

LAW OFFICES OF HARRIS LAW GROUP, LLP

**Work Related Injuries
Occupational Diseases
Construction Accidents
Motor Vehicle Accidents**

**Negligence &
Liability Accidents**

**Personalized Service to Every Client
No Appointment Necessary
Represent Uninsured Employers**

CALL 212.684.3160

Offices in Queens, Brooklyn, Staten Island, Nassau & Suffolk County



FREE CONSULTATION

We speak Spanish, Russian, Chinese, Polish and Bengali

CARNEGIE HALL

presents



Eastman BroadBand

New Voices, New Music

Featuring world premieres by young composers and performers coached by Pulitzer Prize-winning composer David Lang and members of the International Contemporary Ensemble

Wednesday, November 20 at 7:30 PM

Performers:

Eastman BroadBand | gnarwhallaby
Hotel Elephant | Mivos Quartet

Workshops and master classes are made possible, in part, by Mr. and Mrs. Nicola Bulgari and The Gladys Krieble Delmas Foundation.

David Lang is the holder of the 2013-2014 Richard and Barbara Debs Composer's Chair at Carnegie Hall.

Tickets: \$15

carnegiehall.org | 212-247-7800
Box Office at 57th and Seventh

Photo: Matt Whitmeyer. Artists, programs, dates, and ticket prices subject to change. © 2013 CHC.

Bank of America
Proud Season Sponsor

STARTS WEDNESDAY! BUYING GOLD • PLATINUM • SILVER • COINS • DIAMONDS



BUYING 2 DAYS ONLY!

Buying All Your Unwanted and Unused Gold & Silver Jewelry, Watches, Coins, Precious Metals, Sterling Silver Flatware and Diamonds!



THIS WEDNESDAY, NOV. 20TH & THURSDAY, NOV. 21ST!

STARTS WEDNESDAY AT THESE 2 HOTEL LOCATIONS: THE PROMENADE B ASTORIA & THE MARRIOTT BROOKLYN BRIDGE.

WE AIM TO BEAT ALL BONA FIDE OFFERS! Before bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

DON'T MISS THIS GOLD BUYING OPPORTUNITY TO GET HUNDREDS... EVEN THOUSANDS FOR YOUR UNWANTED GOLD!



BUYING! DIAMOND JEWELRY

BUYING ALL SHAPES, SIZES AND STYLES OF CUTS!

ROUND		PEAR		PRINCESS	
1 Carats.....Up To.....	\$5,500	1 Carats.....Up To.....	\$5,000	1 Carats.....Up To.....	\$5,000
2 Carats.....Up To.....	\$15,000	2 Carats.....Up To.....	\$13,000	2 Carats.....Up To.....	\$12,000
3 Carats.....Up To.....	\$29,000	3 Carats.....Up To.....	\$22,000	3 Carats.....Up To.....	\$25,000
4 Carats.....Up To.....	\$45,000	4 Carats.....Up To.....	\$35,000	4 Carats.....Up To.....	\$40,000
5 Carats.....Up To.....	\$65,000	5 Carats.....Up To.....	\$55,000	5 Carats.....Up To.....	\$60,500
6 Carats.....Up To.....	\$90,000	6 Carats.....Up To.....	\$80,000	6 Carats.....Up To.....	\$85,000

EMERALD		OVAL		MARQUISE	
1 Carats.....Up To.....	\$5,000	1 Carats.....Up To.....	\$4,500	1 Carats.....Up To.....	\$3,500
2 Carats.....Up To.....	\$13,000	2 Carats.....Up To.....	\$10,000	2 Carats.....Up To.....	\$8,000
3 Carats.....Up To.....	\$26,000	3 Carats.....Up To.....	\$18,000	3 Carats.....Up To.....	\$15,000
4 Carats.....Up To.....	\$42,000	4 Carats.....Up To.....	\$32,000	4 Carats.....Up To.....	\$28,000
5 Carats.....Up To.....	\$62,000	5 Carats.....Up To.....	\$52,000	5 Carats.....Up To.....	\$48,000
6 Carats.....Up To.....	\$87,000	6 Carats.....Up To.....	\$75,000	6 Carats.....Up To.....	\$71,000

NO SIZE IS TOO LARGE OR TOO SMALL INCLUDING DIAMONDS EXCEEDING \$165,000 IN VALUE!

PREMIUM PAID FOR LARGER DIAMONDS! 2 CARATS & UP!

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.

BUYING! STERLING SILVER

WE BUY ANY TYPE, KIND & TIME PERIODS OF STERLING SILVER!

PAYING UP TO \$12,250 FOR THE FOLLOWING:

Centerpieces.....Up To.....	\$8,250	Single Flatware Items.....Up To.....	\$800
Claret Jugs.....Up To.....	\$800	Tea Sets.....Up To.....	\$12,250
Full Flatware Set.....Up To.....	\$12,250	Trophies.....Up To.....	\$2,050
Punch Bowls & Sets.....Up To.....	\$5,250		

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.

WE PURCHASE STERLING SILVER OF ALL TYPES AND MAKERS. RARE AND UNUSUAL ITEMS COMMAND THE HIGHEST PRICES.

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.



BUYING! GOLD JEWELRY

PAYING UP TO \$10,000 FOR GOLD JEWELRY

Chains & Necklaces.....Up To.....	\$6,250	Antique Items.....Up To.....	\$6,250
Class Rings.....Up To.....	\$525	Single Flatware Items.....Up To.....	\$800
Charm Bracelets.....Up To.....	\$7,250	Dental Gold Items.....Up To.....	\$850
Wedding Bands.....Up To.....	\$1,250	Coins & Bullion.....Bring for quote	
Mountings.....Up To.....	\$1,000	Scrap Gold.....Bring for quote	

ALL TYPES OF GOLD! EVEN BROKEN OR DAMAGED!

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.

BUYING! ALL TYPES OF COINS

PAYING UP TO \$25,000 FOR RARE COINS!

YOUR COINS COULD BE WORTH UP TO HUNDREDS — EVEN THOUSANDS!

*U.S. Silver Halves 1934 and Older	*U.S. Three Cent Pieces 1889 and Older
*U.S. Silver Quarters 1932 and Older	*U.S. Two Cent 1873 and Older
*U.S. Silver Dimes 1934 and Older	*U.S. Indianhead 1 cent 1909 and Older
*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

*Check your items to see if you own any of these valuable coins:

U.S. Silver Halves - 1870-CC Liberty Seated.....Up To.....	\$3000
U.S. Silver Quarters - 1901-S Barber Quarters.....Up To.....	\$2,500
U.S. Silver Dimes - 1885-S.....Up To.....	\$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse.....Up To.....	\$15,000
U.S. Two Cent - 1864 Small Motto.....Up To.....	\$1,000
U.S. Large Cent - 1847 Braided Hair.....Up To.....	\$5,500
U.S. Half Cent - 1793 Liberty Cap Head Left.....Up To.....	\$5,500

SILVER DOLLARS:

1794 to 1803 • 1836 to 1839 • 1840 to 1873 • Trade Dollars • 1878 to 1904 • 1921 to 1935	
1798 15 Stars Obverse.....Up To.....	\$25,000
Gobrecht Reeded Edge Dye Alignment.....Up To.....	\$5,500
1866 with Motto Above Eagle.....Up To.....	\$5,500
1873-CC Liberty Seated.....Up To.....	\$5,500
1889-CC Morgan Silver Dollar.....Up To.....	\$13,000

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.

BUYING! STERLING JEWELRY

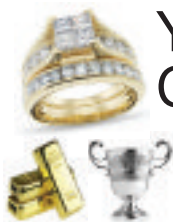
PAYING UP TO \$7,500!

- RINGS
- EARRINGS
- CHAINS
- BRACELETS
- PENDANTS

PURCHASING BOTH MEN AND WOMEN'S STERLING SILVER JEWELRY OF ALL TYPES AND MAKES AT THE HIGHEST PRICES!

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.

NO SALE TOO SMALL OR LARGE
FREE ADMISSION
ON-SITE SECURITY
NO APPOINTMENT NECESSARY
KNOWLEDGEABLE STAFF



YOUR ITEM CHECK LIST!

TAKE A FEW MOMENTS TO

CHECK OFF THE ITEMS YOU MAY HAVE THAT WE BUY!

✓ JEWELRY:

- ☐ Gold Jewelry
- ☐ Silver Jewelry
- ☐ Diamond Jewelry
- ☐ Wristwatches
- ☐ Pocketwatches
- ☐ Antique Jewelry
- ☐ Cameos
- ☐ Platinum Jewelry
- ☐ Charm Bracelets
- ☐ Gold Rings

- ☐ Garnet Jewelry
- ☐ Enamel Items on Gold & Silver
- ☐ Dental Gold

✓ COINS & PAPER MONEY:

- ☐ Silver Dollars (Pre-1935)
- ☐ Silver Coins (Pre-1964)
- ☐ Silver Bars
- ☐ Gold Bars
- ☐ U.S. Gold Coins

- ☐ Foreign Gold Coins
- ☐ Gold Bullion Coins
- ☐ Proof Sets
- ☐ Mint Sets
- ☐ Paper Money (1860-1934)
- ☐ Coin Collections
- ☐ Carson City
- ☐ Silver Dollars
- ☐ Indianhead Pennies
- ☐ Investment Coins
- ☐ Certified Coins

✓ STERLING SILVER:

- ☐ Silver Jewelry
- ☐ Flatware Sets
- ☐ Single Flatware Items
- ☐ Tea Sets
- ☐ Antique Items (all kinds)

PLEASE NOTE: We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.



CUSTOMER SATISFACTION! Most of our business comes from satisfied customers and referrals which includes their friends and families. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

BUYING 2 DAYS ONLY! HURRY! STARTS WEDNESDAY, NOV. 20th & THURSDAY, NOV. 21st AT THESE 2 CONVENIENT HOTEL LOCATIONS!

WEDNESDAY, NOVEMBER 20th: 11AM-6PM

THURSDAY, NOVEMBER 21st: 11AM-6PM

PROMENADE B ASTORIA

301 PARK AVENUE, NEW YORK, NY 10022

(BETWEEN E. 49TH & E. 50TH)

PROMENADE SUITE-LOBBY LEVEL

WEDNESDAY, NOVEMBER 20th: 11AM-6PM

THURSDAY, NOVEMBER 21st: 11AM-6PM

MARRIOTT BROOKLYN BRIDGE

333 ADAMS STREET, BROOKLYN, NY 11201

(BETWEEN TILLARY & WILLOUGHBY ST.)

FULTON FERRY SUITE-3RD FLOOR

A NOTE REGARDING THE UP TO PRICES LISTED IN THIS AD: The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

STARTS WEDNESDAY! BUYING GOLD • PLATINUM • SILVER • COINS • DIAMONDS



BUYING 2 DAYS ONLY!

Buying All Your Unwanted and Unused Gold & Silver Jewelry, Watches, Coins, Precious Metals, Sterling Silver Flatware and Diamonds!

GOLD OVER \$1280 AN OUNCE

THIS WEDNESDAY, NOV. 20TH & THURSDAY, NOV. 21ST!

STARTS WEDNESDAY AT THESE 2 HOTEL LOCATIONS: PROMENADE B ASTORIA & THE MARRIOTT BROOKLYN BRIDGE.

WE AIM TO BEAT ALL BONA FIDE OFFERS! Before bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

WITH OVER 500 SHOWS A YEAR & 6 RETAIL STORES WE ARE THE MOST ESTABLISHED GOLD BUYERS IN THE AREA!



BUYING! GOLD COINS

PURCHASING RARE & VALUABLE U.S. GOLD COINS TODAY!
PAYING UP TO \$52,250 FOR THE FOLLOWING:

*\$1.00 1849 to 1889	*\$5.00 1795 to 1833	*\$10.00 1795 to 1804
*\$2.50 1796 to 1834	*\$5.00 1834 to 1838	*\$10.00 1839 to 1932
*\$2.50 1840 to 1929	*\$5.00 1839 to 1908	*\$20.00 1850 to 1933
*\$3.00 1854 to 1889	*\$5.00 1908 to 1929	

*Check your items to see if you own any of these valuable coins.

\$1.00 1849-C Liberty Head Closed Wreath.....	Up To.....	\$10,500
\$2.50 1804 14 Stars Capped Bust.....	Up To.....	\$16,000
\$3.00 1854-D Princess Head.....	Up To.....	\$10,500
\$4.00 1879 Gold Stella Flowing Hair.....	Up To.....	\$25,000
\$5.00 1909-O Indian Head Half Eagle.....	Up To.....	\$8,500
\$10.00 1859-O, 1863S, 1875.....	Up To.....	\$8,500
\$20.00 1931-D Saint Gaudens Double Eagle with Motto.....	Up To.....	\$15,000

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.

BUYING! PLATINUM

PURCHASING ALL KINDS, TIME PERIODS & TYPES!

PAYING UP TO \$7,500 FOR THE FOLLOWING:

Rings.....	Up To....	\$7,500	Necklaces.....	Up To....	\$2,500
Bracelets.....	Up To....	\$5,500	Coins.....	Up To....	\$2,000
Earrings.....	Up To....	\$3,500	Decorative Items....	Up To....	\$750

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.

WHY YOU SHOULD SELL NOW!

THE ECONOMY & MARKET VALUE

The recent downturn of our economy during the last three years has caused gold and other precious metal prices to soar to the highest levels of all time. This is the reason this is best time to sell before prices drop.

GET CASH IMMEDIATELY

Our professional staff will provide you with a speedy evaluation and make all payments in cash immediately.

LICENSED, BONDED & INSURED

We are licensed, bonded and insured in all cities and towns in which we conduct business.

PROFESSIONAL & COURTEOUS

Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

NO CHARGE

We do not charge for our consultations. Find out how much cash your unwanted items will put in your pocket. Many customers have been surprised and delighted by the amount of money they received.



HELP THE ENVIRONMENT

Using recycled precious metals for jewelry is an important way for jewelers to source precious metals more responsibly. Precious metals that have already been used in some way, including "vintage," "renewed," or "reclaimed" metals from jewelry and electronics, are not directly implicated in the destructive impacts of mining. They do not share responsibility for the impacts of mining in the same way that newly mined gold does.



BUYING! GOLD, SILVER & DIAMOND FINE JEWELRY

PAYING UP TO \$50,250 FOR THE FOLLOWING:

Silver Jewelry.....	Up To... \$800	Art Deco.....	Up To... \$13,000
Brooches.....	Up To... \$15,750	Cuff Links.....	Up To... \$1,750
Pendants.....	Up To... \$8,250	Pins.....	Up To... \$6,250
Necklaces.....	Up To... \$26,250	Rings.....	Up To... \$50,250
Cocktails Rings.....	Up To... \$15,250	Art Nouveau.....	Up To... \$12,500
Charm Bracelets.....	Up To... \$7,250	Lavalieres.....	Up To... \$9,750
Earrings.....	Up To... \$10,725	Garnets Jewelry.....	Up To... \$1,000
Bracelets.....	Up To... \$13,250	Bakelite Rings.....	Up To... \$750
Cameos.....	Up To... \$750	Floral Design.....	Up To... \$10,500
Victorian.....	Up To... \$10,500		

PURCHASING ALL KINDS, TIME PERIODS & TYPES!

WE PAY MORE FOR RARE & COLLECTIBLE ITEMS!

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.

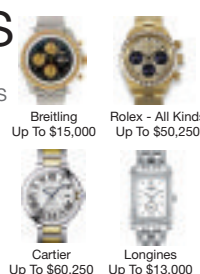
BUYING! ALL WATCHES

PAYING UP TO \$70,250 FOR RARE WATCHES!

WRIST & POCKETWATCHES ALL KINDS, TIME PERIODS & TYPES

Ball.....	Up To....	\$3,000	Jules Jurgenson.....	Up To....	\$16,000
Breitling.....	Up To....	\$15,000	LeCoultre.....	Up To....	\$6,000
Cartier.....	Up To....	\$60,250	Longines.....	Up To....	\$13,000
Corum.....	Up To....	\$3,000	Movado.....	Up To....	\$2,500
Ditheim.....	Up To....	\$5,000	Omega.....	Up To....	\$2,500
Dudley.....	Up To....	\$10,000	Roxley.....	Up To....	\$50,250
E. Howard & Co.....	Up To....	\$11,750	Seth Thomas.....	Up To....	\$1,500
Elgin.....	Up To....	\$5,000	Tiffany & Co.....	Up To....	\$70,250
Frodsham.....	Up To....	\$12,000	Ulysse Nardin.....	Up To....	\$10,000
Gallet.....	Up To....	\$1,250	Chronograph		
Hamilton.....	Up To....	\$1,000	Watches.....	Up To....	\$16,000
Illinois.....	Up To....	\$1,500			

THE UP TO PRICE REFLECTS ITEMS OF EXCEPTIONAL QUALITY AND RARITY.



PLEASE NOTE: WE ALSO PURCHASE WATCHES THAT ARE IN ANY CONDITION INCLUDING NOT IN WORKING ORDER.



WWW.RAPIDCASHFORGOLD.COM

COUPON BUSTER!

PRESENT ANY GOLD BUYER'S COUPON OR WRITTEN OFFER, ALONG WITH YOUR JEWELRY, AND WE WILL BEAT ANY BONA FIDE OFFER!

VALID WITH THIS AD ONLY IN STORE & SHOWS THROUGH 11/21/13

COUPON BUSTER IS A TRADEMARK OF RAPID CASH FOR GOLD ALONG WITH COUPON BREAKER, COUPON BEATER, COUPON KILLER, COUPON KNOCKOUT & COUPON SMASHER.

FAST! FREE! EASY! OUR SHOWS ARE WELL STAFFED, YOU RECEIVE YOUR CASH IN MINUTES AND THERE IS ABSOLUTELY NO WAITING!

BUYING 2 DAYS ONLY! STARTS WEDNESDAY, NOV. 20th & THURSDAY, NOV. 21st AT THESE 2 CONVENIENT HOTEL LOCATIONS! IT'S FAST, FREE & EASY!

WEDNESDAY, NOVEMBER 20th: 11AM-6PM

THURSDAY, NOVEMBER 21st: 11AM-6PM

PROMENADE B ASTORIA

301 PARK AVENUE, NEW YORK, NY 10022

(BETWEEN E. 49TH & E. 50TH)

PROMENADE SUITE-LOBBY LEVEL

WEDNESDAY, NOVEMBER 20th: 11AM-6PM

THURSDAY, NOVEMBER 21st: 11AM-6PM

MARRIOTT BROOKLYN BRIDGE

333 ADAMS STREET, BROOKLYN, NY 11201

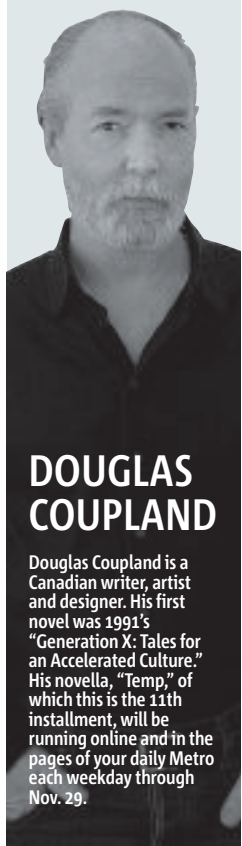
(BETWEEN TILLARY & WILLOUGHBY ST.)

FULTON FERRY SUITE-3RD FLOOR

A NOTE REGARDING THE UP TO PRICES LISTED IN THIS AD: The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth \$7,000 in new condition or less than \$20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.



Metro exclusive

**DOUGLAS COUPLAND**

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the 11th installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Day 11: Temp enters a universe of pain

It was a Quentin Tarantino standoff where everyone holds up a gun at everyone else, except there weren't guns, just words and emotions. The Danimal looked at Kyle and then at Sarah and hissed. "You cradle robber."

Sarah shot back, "What about you, Dan?" Referring to moi.

"I'm only here with Shannon to talk business." "Yeah right, cowboy."

Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage. It sounded like a kettledrum and Danimal fell to the floor shouting astonishingly unprintable things at Kyle and Sarah, who up and left.

"What is wrong with that kid!" shouted Dan. "Oh my God, the pain!" "Thanks for accusing me of spying," I said.

He coughed. "Shannon,

take me to emergency. I think I'm going to die."

We went to his BMW where he curled into a ball in the passenger seat while I drove.

I said, "I really shouldn't be doing this. You're mean."

"Just take me to Crown Permanente."

"Oh. Going to the rich peoples' hospital are we?"

"Please drive."

We arrived and Danimal hobbled out of the seat and into Emerge, an oasis of calm

with tastefully matched fabrics and gentle lighting. There was a copy of Modern Symphony magazine on the walnut-inlaid coffee table. We went to the desk where a supermodel was moonlighting as a nurse on duty.

Dan groaned, "I need an X-ray. Quick."

"Of course, sir. I'll need to take an imprint of a credit card. We accept all major cards."

Danimal looked in his pockets. "Oh jeez, it's in the pocket of the jacket that went out for dry cleaning

today. Just let me in. I'll bring it tomorrow. I'm totally insured."

I could see that our supermodel had been through this many a time. "I'm sorry, sir, but without an imprint of a valid card with the correct credit limit, I'm afraid there's nothing further we can do."

"I —" He was speechless.

"Welcome to my world," I said. "Get back in the car. I'll take you to St. Eustace."

"That's in the worst part of town."

"What's your point?"

So we drove off to St. Eustace. "It's just a slug in the gut, Dan. How bad can

it be?"

"He broke something. Or damaged my heart. I can tell. Oh my God, the pain!"

We pulled up to St. Eustace, which resembled the battle-ravaged Vietnamese village remains in part three of "Full Metal Jacket." A conga line of sick and wounded people stretched out the front door and into the street. One quick wardrobe change and you'd have "Les Misérables."

"I can't go in there," Danimal said.

"It's either that or nothing. Want me to take you home?"

"No!"

"OK, then join the line."



Do you have a Rheumatologic disease? Make a difference through research!



The Rockefeller University is conducting a research study looking at the relationship between Rheumatologic disease and the immune system.

- You may be eligible if you have been diagnosed with one of the following:
- Psoriasis OR
- Psoriatic arthritis OR
- Rheumatoid arthritis OR
- Scleroderma OR
- Lupus

Adults and children are invited to participate

Study participation includes:

- 2 visits to our Outpatient Research Center
- Blood donation
- Skin biopsy

Compensation is provided

For more information please contact our Recruitment Specialist at 1.800.RUCARES or email us at RUCARES@Rockefeller.edu

Winter is on its way

Learn how to stay fit this holiday season

Center for Musculoskeletal Care Lecture Series

Join our experts at two upcoming events to learn how to maintain an effective running regimen during the cold-weather months and stay mindful of your health this holiday season.

Running Through The Winter

Tuesday, November 19 at 6:00 pm

Speakers

- Warren Young, MD
- Hiwotie Deres, MA, CSCS

Topics

- Proper gear and UV protection
- Seasonal training goals
- Winter running techniques
- Tips to prevent running injuries

Maintaining Your Weight Through The Holidays

Thursday, November 21 at 6:00 pm

Speakers

- Samantha Heller, MS, RD, CDN
- Alison Peters, MS

Topics

- The healthy holiday plate
- Psychology of holiday eating
- Timing workouts to minimize appetite
- Exercising in the "fat-burning" zone

No fees are associated with these lectures but seating is limited to 40 attendees. Sign-in starts at 6:00 pm; lecture begins at 6:30 pm. For more details, email Mia at mia.palazzo@nyumc.org

To register, visit www.nyulmc.org/cmc-lectures



Campus holiday. Because you deserve better than a turkey sandwich in an empty dining hall.

Being home for the holidays is a nice thought — usually — but to many, it's nothing more than a wish. Not every student can make the trek back home for turkey, settling instead for a lonely dorm-room dinner. Many campuses, though, are becoming more involved with students' holiday plans, making an effort to bring the comforts of the season to students' home away from home. Whether it's attending a professor's dinner, creating your own potluck with other campus-bound friends or getting a start on holiday shopping, a cold turkey sandwich is not the only option for the campus-bound.

At St. Anselm College in New Hampshire, students are often invited to celebrate Thanksgiving with faculty. "We have a small campus and a close community," explains Joseph Horton, vice president for student affairs. "Any student who can't make it home, we try to connect them with faculty and staff." International students who wouldn't normally celebrate the holiday also get in on the turkey. "We invite them to sit at our table and join in our tradition," he says.

Horton also mentions that some students choose to travel over the long weekend, visiting Philadelphia or Boston. Erica Peryga, dean of students at Post University in Connecticut, says she encourages her students to take these trips. "I recommend that they consider traveling with friends this



See more at
www.metro.us

Reaching out to friends and classmates to put together a dinner can help make a holiday without family more fun. / PHOTODISC

DIY

Make it a Friendsgiving

Don't overlook the significance of a "Friendsgiving" and the chance to begin new traditions. "Students remaining on campus during Thanksgiving break have the unique opportunity to create and celebrate new traditions with their friends," explains Peryga. "'Friendsgiving' has become very popular in recent years among students and young professionals who have to be away from their families during the holiday. The great thing about Friendsgiving is that it can take place before Thanksgiving, on the holiday itself or after."

time of year. If you cannot be home with family, but have the freedom to travel, consider visiting a place you've never been before."

There's always the option to volunteer on Thanksgiving, too. Faculty and students do it as a group at Eckerd College in Florida. "On Thanksgiving Day, Eckerd students, faculty and staff — led by adult students from our Program for Experienced Learners — will be preparing and serving dinner for 300 persons in need," says Jim Annarelli, dean of students. And to keep everyone busy during the rest of the week, Annarelli says, "We are scheduling special shopping shuttles for students, holding board game nights in our main student lounge and distributing free movie passes."

JULIA WEST

PUT SOME CARE IN YOUR CAREER



- Convenient Manhattan campus (Chelsea)
- Flexible day and evening classes

- Experienced faculty and staff
- Financial aid (for those who qualify)

DISCOVER YOUR NEW CAREER

AT AN UPCOMING WORKSHOP WEDNESDAY, NOVEMBER 20TH

MASSAGE THERAPY

TIME: 11AM-12PM, 12PM-1PM AND 6PM-7PM

PERSONAL TRAINING

TIME: 11AM-12PM AND 12PM-1PM



Swedish Institute
College of Health Sciences

Swedish Institute's programs are registered with and regulated by the New York State Education Department. Institutionally accredited by AACSC. For important information on program costs, completion and placement rates, median debt incurred, etc., please visit: www.swedishinstitute.edu/index.php/programs and click on the program of your interest.

Please visit our admissions office at:
151 West 26th Street
1-888-530-9582
www.swedishinstitute.edu

change_career

Finish your degree on campus or online in **The New School Bachelor's Program** for adults and transfer students. Meet faculty, current students, and admission staff on November 19—and learn about degree options, credit for prior learning, financial aid, and admission requirements.

Information Session

The New School
November 19, 6:00–7:00 p.m.
2 W 13th St, Room 101, NYC

www.newschool.edu/ba5

THE NEW SCHOOL
Innovating higher education since 1919

THE NEW SCHOOL

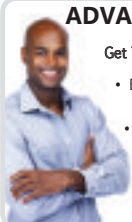
An Affirmative Action/Equal Opportunity Institution

ONLY 6 DAYS LEFT TO ENROLL!

ADVANCE YOUR CAREER

Get Your Business Degree!

- Become an office manager, executive assistant and more
- Work in executive, accounting, banking, HR, marketing, sales, customer service and production offices.



DISCOVER MASSAGE THERAPY

Master Techniques like:

- Myofascial Release
- Craniosacral Therapy
- Sports Massage
- Swedish
- Shiatsu
- Reflexology



CALL TODAY (888) 419-5635
mildred-elley.edu

GI Bill Approved

Financial Aid & Scholarships Available to Those Who Qualify | Accredited Member, AACSC

For Albany extension program details and disclosures visit mildred-elley.edu/disclosures

MILDRED ELLEY
A career college in NYC

The Power to Change Your Life

25 Broadway, Floor 16 | New York, NY

NEW Online Courses: transcription and coding careers. Call to learn more! (888) 414-6154

CAREERS FOR THE 21ST CENTURY!

- COURT REPORTING (REALTIME WRITING)
- CLOSED CAPTIONING
- PARALEGAL
- MEDICAL OFFICE SPECIALIST

NEW PROGRAM

- HEALTH INFORMATION TECHNOLOGY

- TRANSFER CREDITS ACCEPTED
- AA APPROVED

NYCI NEW YORK
CAREER INSTITUTE
established 1941

The College of Legal & Medical Professions.

OPEN HOUSE

This Saturday, 11/23 @ 11am

Call **212-962-0002**

www.nyci.edu

Day, Evening & Saturday Classes • Degree & Certificate Programs

11 PARK PLACE, NYC

(Conveniently Located in Lower Manhattan)

For Disclosure Information, view Program Details @ nyci.edu

**SEARCH IT.
FIND IT.
BUY IT.**

metro**classifieds**

metro

www.metro.us
Monday, November 18, 2013

EDUCATION

20



GET INDIVIDUALIZED

Just because you designed your own major doesn't mean you don't have to hit the books. / THINKSTOCK

DIY. Self-designed majors mean hard work and independent learning.

Whatever your interests are, there's probably a college for that. But what happens when a school's majors don't teach the skills you wish to learn? Dedicated students have

found that sometimes, if what you want isn't being offered, it pays off to design a major. But beware: This track is not for everyone.

Before you start applying for an individualized major at your college, consider not only your goal, but also your work ethic and your ability to organize and communicate. "Do not think of the student-defined option as a way around the more difficult parts of existing majors," warns Dr. Joseph E. Devine, associate dean at Dietrich College of Humanities and Social Sciences at Carnegie Mellon University. In fact, colleges tend to require a rigorous application process.

Kevin Egan is the director of Interdisciplinary Inquiry at Drexel University, and he believes that the lengthy application process makes some students reconsider the DIY path. "I've seen an increase in interest in individualized ma-

Quoted

"Students in these programs achieve a much higher and more integrated understanding of the core ideas of their major and how each constituent part fits in."

Joseph E. Devine, associate dean, Dietrich College of Humanities and Social Sciences at Carnegie Mellon University

jors," says Egan, "but quite a lot don't go through the application process, and I think it's because of the amount of work involved."

The payoff, however, is worth it. "Students who are a good fit for this program are the ones inspired by wanting to solve real world problems," explains Egan. "It can be something large, like sustainability, and they already have the right mind-set because these problems aren't owned by one area of study."

That's a notion that schools can agree upon. Paulette Hutchinson, dean of the undergraduate col-

lege at Rosemont, explains. "The purpose of an individualized major is to provide options to a student who is interested in something that does not fall within the parameters of a single discipline," she says. A self-designed major requires a great deal of work — but when you have something that you want to zero in on at college, it makes it all worth it. Plus, when applying for jobs, you'll be the only one with a degree in bio-mimicry designs.

JULIA WEST
letters@metro.us

Jump Start your Career!

Become an Ultrasound Technologist



Day and Evening Classes Available

Specializations in Diagnostic Medical Sonography, Cardiac and Vascular Medical Sonography

INSTITUTE OF ALLIED MEDICAL PROFESSIONS

HOBOKEN CAMPUS

2 Hudson Place, 6th floor,
Hoboken,
NJ 07030 • 201 850-1633

MANHATTAN CAMPUS

225 West 34th Street,
Suite 1000, New York,
NY 10122 • 212 461-4212

Manhattan Institute

Nursing and Medical Training

Phlebotomy Tech
EKG Tech
Medical Assistant
Medical Biller

Nurse Assistant
Dialysis Tech
Patient Care Tech
Pharmacy Tech

917-580-6060

Day, Evening, Saturday & Sunday Classes

255 Fifth Ave, NYC - 6th Floor, Between 28th & 29th St.

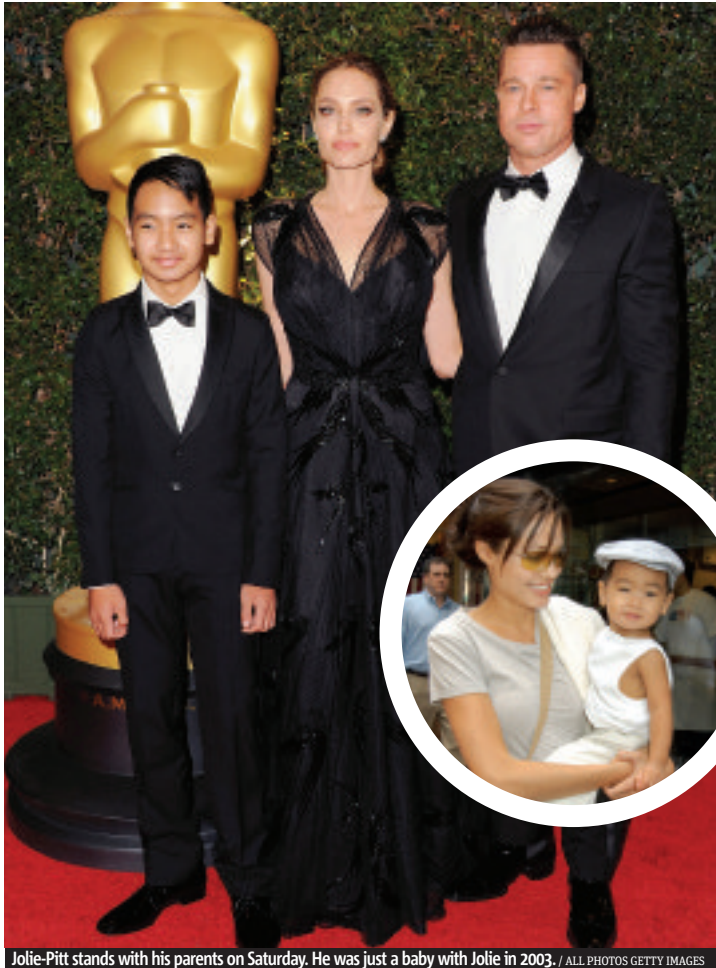
www.ManhattanInstitute.com

Licensed & Accredited Institution



www.iamp.edu





Jolie-Pitt stands with his parents on Saturday. He was just a baby with Jolie in 2003. / ALL PHOTOS GETTY IMAGES

Maddox Jolie-Pitt is all grown up

Maddox Jolie-Pitt, the mohawked toddler of our hearts, is now a preteen. The 12-year-old appeared with mom Angelina Jolie and dad Brad Pitt on the red carpet at Saturday's Governors Awards in Los Angeles. In addition to posing on the red carpet, the three were there to see Jolie accept an award for her commitment to global philanthropy.

Talking point



Miles Scott (aka Batkid) captured the Riddler with Batman during Scott's wish to be a superhero on Friday in San Francisco.

Affleck and Bale know Batkid is best

Ben Affleck is getting ready to suit up as Batman for "Batman vs. Superman," but he's smart

enough to know when he's been bested.

After the Make-A-Wish Foundation helped transform San Francisco into Gotham City Friday for the benefit of 5-year-old cancer patient Miles Scott — who quickly became known as Batkid

— Affleck took to Twitter to show his support. "Batkid. Best Batman ever," he posted.

And Christian Bale also noted his support. "It's so touching," he said in an interview with *Vulture*. "Wasn't that fantastic?"

Baldwin uses hate speech, threatens to quit acting

Alec Baldwin is doing some major damage control after he was caught on tape calling a photographer a gay slur as he chased him on the streets of New York on Thursday, a controversy that resulted in the suspension of his MSNBC talk show. But as the actor asserts in a Huffington Post editorial, the real problem still hasn't been addressed.

"I am concerned for my family," he writes. "In Bloomberg's New York, 40 or 50 paparazzi are allowed to block streets, inconvenience homeowners, workers and shoppers, and make life miserable for my neighbors. Photographers have tripped and fallen on babies in strollers on my block. They have nearly struck my wife in the face with microphones. They

provoke me, daily, by getting dangerously close to me with their cameras as weapons, hoping I will react."

And if the paparazzi situation can't be remedied, Baldwin is more than prepared to take his acting ball and go home. "If quitting the television business, the movie business, the theatre, any component of entertainment, is necessary in order to bring safety and peace to my family, then that is an easy decision. This country's obsession with the private lives of famous people is tragic," he writes.

Wait. Are we to excuse his use of hate speech because his wife was almost hit in the head with a microphone? That doesn't compute in my head. Does it in yours?



How can someone with adorable dogs like these drop the f-bomb?

THE WORD

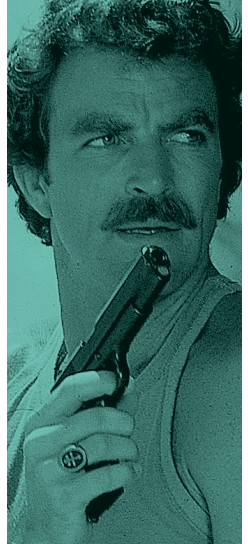
Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us



2

CULTURE



#MetroStache

Grow it!

Calling all mustachioed gentlemen! Now's your chance to show off your furriest facial hair in support of November — a month-long initiative to raise awareness of men's health issues.

Metro is looking for magnificent mustaches all month long, so grow it and show it! Tag us in your pics on Facebook and Twitter with your regal 'stache prominently displayed and you could win a prize from men's retailer The Standing Room by Heights + Kenchi.

Here's how to enter: Share your 'stache by posting a photo on Facebook or Twitter tagging @MetroNewYork and @Heights_Kenchi using the hashtag #MetroStache from now until Nov. 30. A winner will be chosen at random. Now, get growing!

Moms is the word for Goldberg



"Whoopi Goldberg Presents Moms Mabley" premieres Monday at 9 p.m. on HBO. / HBO

IT'S YOUR TURN
ASSOCIATE'S DEGREE → EXCITING CAREER → GO EVEN FURTHER
Our degrees are transferable so why limit yourself? Ask about our college partnerships.

READY? **YOU ARE IT!** **NO JOB LEFT!**

Long Island Business Institute **Creating Success Stories Since 1968**

Lifetime Job Placement Assistance **International Students Welcome!** **GED + DEGREE Available**

Earn an Associate's Degree in:

- Homeland Security & Security Management
- Emergency Care Management
- Hospitality Management
- Business Management
- Office Technology/Medical Office
- Accounting

Certificates: (8 months)

- Digital Marketing
- Elder Care Management
- Merchandising and Management
- Health Administration and Technology
- Community Interpreter
- Emergency Care Management
- Hospitality Management

STATE AND FEDERAL FINANCIAL AID AVAILABLE TO THOSE WHO QUALIFY

138-18 39th Avenue, 5th Floor, Flushing NY 11354 | www.libi.edu
For consumer disclosure, please visit www.libi.edu & click Careful Employment Data link. **718.939.5100**

Knee Arthritis Pain?
End Your Knee Pain Without Painful, Risky Surgery!
"Your #1 Choice for Non-Surgical Osteo-Arthritis Knee Pain Relief."

Why You Should Choose Us Today

- ✓ Precision is the difference. Experience it!
- ✓ No blind injections. We always hit the mark.
- ✓ X-ray guided procedure ensures accuracy

As Seen on **NY 1** **1010 WINS**

We offer full accuracy. We never miss the spot.

[2] Result may vary. Prior results cannot guarantee future outcomes.
To see a video of this incredible procedure visit:
www.KneesofNY.com
General 1 Medical P.C.

Free Phone Consultation

Most PPO insurances will cover this treatment*. We work with:

UnitedHealthcare **Aetna** **Oxford Health PPO** **GH** **Blue Cross Blue Shield** **NYSHIP** **Empire** **Medicare Part B**

*Coinsurance and deductible apply.

Most Insurances Accepted Worker's Comp Accepted

800-458-1169 130 William Street., Suite 903
Btw. Fulton & John St. - NY 10038
Accessible by: 1 2 3 4 5 6 A C E J Z

Call today to schedule your consultation!

Great News:
Affordable Care Action for Dentistry!
Call or go online to Apply & Qualify
Call 212-779-3493 24/7
Apply **www.SmileArtistNY.com**
Dental Plan: Reduced to only \$20 per month!

"You too can have a Natural Gorgeous sexy Smile for as low as \$99/month by NEW 3D imaging CAD/CAM Laser @ Relaxing Holistic Park Ave Dental Spa!"
"I had a Quick, Comfortable, Pleasant visit!"
50% off ends 11/30/13

invisalign Express For \$1999
Straight Teeth in 5 months, No Braces!* OR
Braces for \$99/month* **www.Ortho99.com**

Implants/2 visit Extreme Smile MakeOver
Proven Laser * Dentistry
BEST Fees & Quality Guaranteed on all procedures as low as \$999

ZOOM! Save Whitening
Now Only \$199 - Exam/Cleaning \$49

snapon smile or
Natural Strong Dentures as low as \$999

Discover LUMINEERS BY CERINATE Porcelain Veneers
Natural Veneers as low as \$999

CEREC One-visit dentistry
Whiten all Silver Fillings/ as low as \$999

Treatment of pain, Bad Breath/Halitosis, Gummy Smile, Gingivitis, Laser Dentistry, and 500+ other treatments.
*Promotions end 11/30/13. Must qualify. Limitations apply. Not all patients qualify for the same treatments.

TV. Why Whoopi wanted to bring the story of Moms Mabley to the screen.

Even if you've won every big award in show business, it doesn't guarantee you'll be able to finance a movie on your own.

Whoopi Goldberg — who has won an Oscar, a Grammy, a Tony and two Emmys — turned to Kickstarter to fund her new documentary, “Whoopi Goldberg Presents Moms Mabley.”

"People were like, 'Why do you need this?' It's like, what do you think I do for a living? I work every day. I mean, you'd think that I'm swimming in dough, but it doesn't work that way," Goldberg says.

After the initial surprise of her fundraising efforts wore off, Goldberg says donors "lost their minds and just gave and gave." And she's grateful for that outpouring, she says, because, with the money, she was able to hire the type of editor who



Mabley died in 1975. / GETTY IMAGES, COURTESY OF HBO

would benefit the film most.

The doc is a labor of love for the 57-year-old star, who says she had wanted to make a film about Jackie "Moms" Mabley for a long time. She says she used to impersonate Mabley — known for her commentary on race and other taboo topics — early in her own career as a comedian. But years later, when Goldberg wanted to reprise the role onstage, she realized her audience didn't know the trailblazing comedian.

"Folks of a certain age remember her but don't know a lot about her," Goldberg says. "But [younger] folks don't know about Moms. ... One of the things

that you discover when you're looking for black performers is there's just not a lot of information out there. ... There wasn't anyone documenting any of it, and no one has done the full Ken Burns rendition of black people in America as a documentary. So that's what I think the next thing I want to do is, so that the next person who's maybe looking for someone like Peg Leg Bates can go to one of those documentaries that I'm hoping we get to do and say, 'Oh, here's some information I can use.'"



**MEREDITH
ENGEL**
meredith.engel@metro.us

Moms' day

Famous friends

Comedians like Kathy Griffin, Eddie Murphy and Joan Rivers all appear on camera, singing their praises of Mabley. Goldberg says that industry pals of hers were at first a bit hesitant to speak on the comedian, but that once they opened up “you couldn’t stop them from talking.”

"One of my favorites is Sidney Poitier," says Goldberg. "We see Sidney talk about coming from the island, coming to Harlem and not really understanding what Moms was talking about when he saw her, but he felt like he was comfortable with her. ... He recognized her in his soul as being like the woman he knew from the island he had come from. You would never think of things like that or how people see you. She was very influential to a lot of people, and it knocked me out to discover it."



- State of the art non-surgical treatment for foot and heel pain
 - Minimal invasive procedures for corrections of bunions and hammertoes
 - Weekend and evening appointments available
 - Most insurance plans honored
 - Free consultation
 - Non-injection therapy for heel pain
- New Cutting Edge Laser for Toe Nail Fungus! ONLY \$500**

Expires **11/30/13**
Redeem with ad

**New Cutting
Edge Laser
for Toe Nail
Fungus!
ONLY \$500**

Expires **11/30/13**
Redeem with ad

Offices of Dr. Jeffrey Rosenblatt, DPM • Dr. Larry Cohen, DPM
DRJEFFREYROSENBLATT.COM

**225 Broadway, Suite 1420
New York, NY 10007
212-385-3800
(Financial District)**

Grand Central-Midtown
15 West 44 St., 8th FL
New York, NY 10036
212-391-1279

New Location
408 Jay St., Suite 500
Brooklyn, NY 11201
718-875-9251
(Metrotech)

**Long Island Location
543 Hempstead TRK
West Hempstead, NY 11552
516-292-0023**

Convenient Lower Manhattan & Brooklyn Locations!

**Special Pricing on Laser Hair and
Tattoo Removal, Botox® and Juvederm®
Call for Details**

VISIT BBLDOC.COM

To See Our Amazing Before and After Pictures of Brazilian Butt Lifts.

For your comfort and safety all procedures at our facilities are performed "awake" under local anesthesia. *Accredited surgical facility & hospital available if needed.*



We specialize in curves and buttocks enhancements

New York Laser Lipo

Surgical & Non- Surgical Cosmetic Enhancement for Men & Women

(212) 695-1999
1 West 34th St. • Ste. 402. NYC

334 86th St. • BKLN. NY 11209

www.nybeautysurgeon.com • SE HABLA ESPAÑOL

Financing Options Available Insurance not accepted

INVISALIGN DENTAL CENTER

IN THE
CHRYSLER BUILDING
42ND AND LEXINGTON

*Invisalign providers since 2005
with Elite status*



Call us to schedule a
complimentary consultation
and find out how Invisalign can
improve your smile



Full Invisalign treatments
are only
\$3999



www.kakosiandental.com
888-711-0267



**SEARCH IT.
FIND IT.
BUY IT.**

metro**classifieds**



metro

www.metro.us
Monday, November 18, 2013

ENTERTAINMENT

24

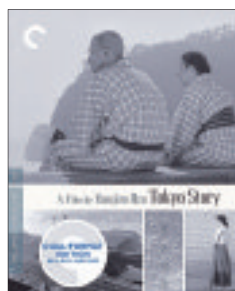
'TOKYO STORY' WILL MAKE YOU WANT TO CALL YOUR PARENTS

'Tokyo Story'

**The Criterion Collection
\$39.95**

Last year, "Vertigo" famously usurped "Citizen Kane"'s place atop Sight & Sound magazine's long-running "greatest films of all time" poll. Less reported was that "Tokyo Story" — Japanese filmmaker Yasujiro Ozu's serenely devastating portrait of family dysfunction — took the bronze. There are better Ozu films — "Late Spring" and "The Munekata Sisters" come to mind — but few are as direct and "accessible" to mainstream audiences.

Indeed, "Tokyo Story," from 1953, preys on a primal worry few films dare touch: what to do with parents once they get up in age. Chishu Ryu and Chieko Higashiyama play 60-something retirees who head for bustling Tokyo to visit their grown kids. But they're too busy for them. Because Ozu's style is



unhurried and contemplative, one can easily assume he's on the side of the aging. But it's more understanding than that, suggesting that kids growing apart from their parents, while terrible, is a fact of life. "Isn't life disappointing?" the youngest daughter remarks, perhaps not fully realizing that she too will one day get swallowed by life's demands.



**DISC JOCKEY
MATT
PRIGGE**
matt.prigge@metro.us

Also new

'Crystal Fairy'

Michael Cera has been trying to throw off the shackles of George Michael Bluth, and his latest gambit is to be a jerk tripping on mescaline in Argentina. It works!

'2 Guns'

Denzel Washington and Mark Wahlberg team up for this surprisingly loopy '70s throwback caper.



'Violet & Daisy'

Saoirse Ronan and Alexis Bledel play assassins, but the draw of this black comedy is James Gandolfini as their inept mark.

Drink up

'The World's End'

Sadly, American ticket buyers did not mistake the finale of Edgar Wright, Simon Pegg and Nick Frost's so-called "Cornetto tril-

ogy" for Apatow-fest "This Is the End," despite similar names and premises. Too bad, as this — with a pub crawl interrupted by the apocalypse — is even more inspired.

**Say Goodbye to
Painful Varicose Veins!**

**Do you have any of
these symptoms?**

- Varicose Veins • Spider Veins
- Itching and Burning
- Leg Pain and Cramps
- Heaviness and Swelling
- Skin Discoloration
- Ulcers and Blood Clots

**You may have a serious medical condition,
called Venous insufficiency.**

USA Vein Clinics Will Help!

With a non-surgical, minimally invasive and painless procedure, that takes only 15 minutes! Covered by Medicare and most insurance plans up to 100%!

**The Best Vein Center
(by Home Reporter)**



Call **718.732.0231**
www.USAVeinClinics.com

2511 Ocean Avenue,
Suite 102,
Brooklyn, NY 11229

116-02 Queens Boulevard,
Forest Hills,
NY 11375

1153 First Avenue,
Manhattan,
NY 10065

TIRED OF
MASKING
THE PROBLEM?

If you're one of the thousands who've been prescribed a CPAP mask to stop snoring and treat your sleep apnea, you already know that going untreated is not an option. Ignoring your condition can lead to serious health issues.

eOs sleep's Board Certified physicians offer many different treatment options, some can take as little as 20 minutes.

eOs sleep
Snoring & sleep apnea doctors you can trust
eOsSleep.com

Treatment protocols may differ from patient to patient. After a thorough exam, an eOs specialist will recommend the right solution for your particular condition.

New York City • Long Island
1 800 eOs sleep (1 800 367 7533)

'The Best Man' comes in second

Box office. Thor vanquished his foes this weekend, but it was a good battle.

Superhero sequel "Thor: The Dark World" hammered out another victory in its second weekend at U.S. and Canadian box offices, overcoming a strong performance from Christmas-themed romantic comedy "The Best Man Holiday."

"Thor," from Walt Disney Co.'s Marvel Studios, hauled in \$38.4 million in ticket sales from Friday through Sunday, according to studio estimates. "Best Man Holiday" earned \$30.6 million to take the No. 2 spot. Senior citizen buddy comedy "Last Vegas" finished third with \$8.9 million.

Elsewhere, "Catching



This weekend, Thor again triumphed over his foes (namely other movies).
DISNEY, MARVEL

Top 5 earners

- 1 'Thor: The Dark World' \$38.4 million
- 2 'The Best Man Holiday' \$30.6 million
- 3 'Last Vegas' \$8.9 million
- 4 'Free Birds' \$8.3 million
- 5 'Jackass Presents: Bad Grandpa' \$7.7 million

Fire," the highly anticipated "Hunger Games" sequel starring Jennifer Lawrence, opened big in Brazil with \$6.3 million. The movie is to open in the United States, Canada and dozens of other countries on Friday.

"Best Man Holiday," a sequel to 1999 film "The Best Man," exceeded the

forecasts of box office analysts, who had predicted a debut at around \$24 million.

Rounding out the charts, animated movie "Free Birds" took the number four spot with \$8.3 million while comedy "Jackass Presents: Bad Grandpa" was fifth pulling in \$7.7 million. **REUTERS**

90% Of Women Taking Thyroid Hormones Will Fail To Feel Normal Again...No Matter What Their lab Test Say!

Are You One Of Those Discouraged Women?

Free Gourmet Dinner LeCheile

839 W. 181st street NY, NY
Thursday, November 21st. at 6:30 pm

FREE ADMISSION ! Seating is limited!

You will discover the likely reasons why you suffer from:

Continual Weight Gain - Insomnia - Fatigue - Brain Fog - Constipation - Depression

- Learn what mechanism causes 90% of Hypothyroidism in the U.S.
- How this mechanism is not only destroying your thyroid gland, but other glands and tissues as well. Why medication does not address these issues at all.
- What missing lab tests are needed to identify your state of health.
- Why simply taking thyroid medication may not be enough to impact your health.
- Learn the biggest mistake that doctors make in treating thyroid symptoms.
- **WHAT REALLY WORKS** to improve your health... Safely. Healthfully!

Presented by renowned Speaker, Author and Leading Wellness Expert,

Dr. Steven Geanopolos, DC, DACNB

Tired of fearing for your future...the devastating effects of long term thyroid dysfunction?

Imagine your life without these symptoms!

We guarantee it will be time well spent.

Please RSVP to (212) 928-3300 Call Now!

Feel free to bring a guest- Spouses recommended- Seating is limited

ESSENTIAL
Skin Care
www.essential-skin.com

Specializing in
Problem Skin
Licensed
Professionals
Introductory Offers!



Free consultations

Treat yourself to the gift of beautiful skin; We offer results, not promises!

"Body Massage + Facial \$99 • Eyebrow / Eyeliner Tinting \$25 • Ear Candeling \$50"

Diamond Microdermabrasion Only \$50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

Botinal Wrinkle Treatment Reg \$160 \$125
formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.

Acne Treatment w/Glycolic Acid Peel Only \$45
For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

Back/Chest Deep Pore Cleansing \$75/\$35

Deep Cleansing Facial Reg \$75 \$40
Deep cleans and refreshes all skin types.

Brightening Peel Reg \$125 \$75
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.

Body Slimming Wrap or Salt Glow Special \$50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.

Back/Chest Glycolic Peel Only \$55/\$30

247 E. 50th St. 2fl btw 2-3ave NYC • Trains: 60 to Lexington Ave., Tel: 212-588-8866/212-253-9693

Not Seeing Results from your Antidepressant?

New Depression Research with Rapid-Acting Study Medication

If you have tried treatment for depression and found that it did not help enough, you may be interested to know that doctors in your area are conducting a research study with an investigational, rapid-acting antidepressant, known as GLYX-13.

If you are 18-65 years of age, you may be eligible to receive evaluation of your depression with our Board Certified physician, study medication or placebo, and visits to our private center, all at no cost. Please call for more information.

(212) 595-5012

The Medical Research Network, LLC

134 E. 93rd St., New York, NY • www.MedicalResearchNetwork.com

GLYX-13

THE ONE TO KNOW for OIL HEAT



- Peace of mind knowing we have over 100 years of experience.
- Convenient, reliable around-the-clock service and support in any weather.
- Great value! Oil pricing and payment plans, service plans and more.
- Ultra low sulfur bioheat/fuel, the greenest choice for your heating needs.

**CALL NOW
for SPECIAL OFFERS!**

1.866.539.6315 petro.com



HEATING OIL | NATURAL GAS | AIR CONDITIONING | PLUMBING | GENERATORS | HOME SECURITY

NYC Lic. No. 1314079. ©2013 Petro. P_13493

QUALITY DENTURES

THE SAME DAY

NY's Place for same day dentures for over 35 years

Smile with Confidence



NEW PATIENT PACKAGE

MAINTENANCE
CLEANING
DIGITAL X-RAYS

\$89

With this ad only. One per patient.
First visit only. Coupon expires 11-31-13

NEW PATIENTS ONLY

ONE
DENTURE
RELINE

\$194

With this ad only. One per patient.
First visit only. Coupon expires 11-31-13

DENTURE REPAIRS AND RELINES WHILE-U-WAIT! FREE CONSULTATION

You Can't Afford to go Anywhere Else!

MOST INSURANCE PLANS & NY STATE MEDICAID WELCOME
Senior Cit. Discounts on new dentures and crowns
Full Service State-of-the-Art Cosmetic Dentistry

224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues)



CALL NOW!
212-689-0024

www.denturecenter.com

metroclassifieds

to place an ad call

866-900-9473

or visit us at www.metro.us

metro

www.metro.us
Monday, November 18, 2013

ENTERTAINMENT 26

Pretty actors going dirty

Drama. Naomi Watts and Matt Dillon play destitute in "Sunlight Jr."

In "Sunlight Jr.," Naomi Watts and Matt Dillon dirty themselves up to play people much lower on the economic ladder than they are in real life. In one sense, the movie is another fit of, to employ an awful term, "poverty porn." On the other, it's an incredibly lived-in drama that does far more than merely torture its nice heroes with one indignity after another.

But it does that, too. Watts plays Melissa, a Nowhere, Fla., convenience store clerk. She lives in a motel with her boyfriend, Richie (Dillon), an unemployed paraplegic. They have little money, which is a bit of a problem since she's pregnant.

Of course, "Sunlight Jr." has other unpleasant sur-



Naomi Watts and Matt Dillon play a couple trying to eke by in "Sunlight Jr." / JOHN HARRIS

Review

'Sunlight Jr.'

Director: Laurie Collyer

Stars: Naomi Watts, Matt Dillon

Rating: R



prises waiting for them. But neither actor showboats: Watts has sketched a career out of underplaying, of being the wallflower

er just confident enough to command attention; Dillon brings his goofball bro charm to a guy who can't fall back on his handicap to get jobs.

Like many in his economic state, Richie's gotten too used to day drinking. And like one of Melissa's sketchy ex-boyfriends, Justin — played by Norman Reedus, who quietly and charismatically steals the film — he has an all-too-male temper that goes into attack when his manliness is undermined.

This is a film about

living below the poverty line — about the pride of getting pregnant while trying to ignore whether it's within one's financial means. (When she goes to the doctor for what seems like a serious emergency, they have to have a fight over why she went at all.) But it's also a film about a relationship that might not be a good idea.

We're used to the idea of love as a solution to everything. But like many other films this year, such as "Before Midnight" and "Blue Is the Warmest Color," this movie asks whether that's true and wonders if a couple might actually be better breaking up.

Melissa and Richie might be good for each other, or they might actually be codependent. There's no easy answer, which is one thing that makes "Sunlight Jr." special.



MATT PRIGGE
matt.prigge@metro.us

Do You Suffer from Varicose Veins?

VENOUS ULCERS • SPIDER VEINS
LEG SWELLING • LEG FATIGUE & PAIN



**ADVANCED
VARICOSE VEIN**
TREATMENTS OF MANHATTAN

Certified by
the American
Board of
Phlebology

Minimally invasive procedures:

- VNUS Closure/Venefit
- VenaCure Laser
- Asclera • VeinGogh
- ClariVein • Apligraf

Covered by most health
insurances including Medicare

Return to Your
Normal Activities
Within a Day!



212.204.6501

www.TreatmentsOfManhattan.com
drlev@treatmentsofmanhattan.com

Downtown Manhattan
111 John St., Ste 1450
New York, NY 10038
(bet Pearl & Cliff St.)
Fulton St. Station: 2, 3, 4, 5, A, C, J, Z

Black FRIDAY & Cyber Monday Gift Guide

metro

NOVEMBER 26 & 29: BLACK FRIDAY GIFT GUIDES
DECEMBER 2: CYBER MONDAY GIFT GUIDE

Metro's annual insider's guides, featuring a complete listing of Black Friday door busters this year on 2 days. Plus an all-new interactive Cyber Monday shopping guide.

FOR ADVERTISING
OPPORTUNITIES CONTACT

advertising@metro.us or 212-457-7735

Special sizes, inserts and creative executions are available.



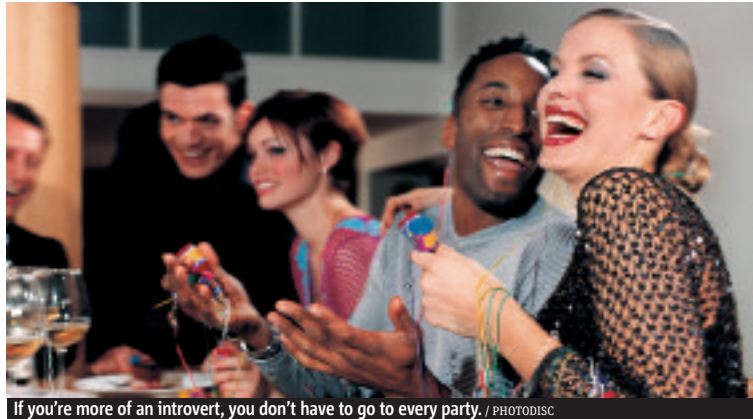
INTROVERTS CAN STILL THRIVE IN AN EXTROVERTED WORLD

I'm a bit introverted and often envy my outgoing friends. I want to connect with people, but I often feel overwhelmed at parties and would rather sit in a cafe and have a meaningful conversation. Any advice?

Introverts get a raw deal in American society, which tends to encourage and reward extroverted behaviors — for example, talking versus listening, gregariousness versus introspection and the pursuit of happiness versus the search for meaning.

But there is nothing wrong with being a quieter, more reflective person. In fact, research suggests that pushing yourself to act against your natural disposition may actually be more harmful than helpful.

Generally speaking, introversion is defined by a preference for solitude, reflection, introspection and the search for meaning. According to the Myers-Briggs Type Indicator personality classification system, half of Americans are introverts — but you wouldn't know because, well, they don't stand out as much. Introversion and extroversion occur along a continuum; some people are more introverted than others. It's even possible to feel like an extrovert on some days and more like an introvert on others, especially if you are in the middle of the continuum. And the brain is elastic, so it's possible to grow more introverted or extroverted as one ages.



If you're more of an introvert, you don't have to go to every party. / PHOTODISC

No Insurance Necessary

KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring.



Introverts are sometimes (but not always) shy, and they usually seek out more intimate social activities. You're likely to find both introverts and extroverts at a party. But while extroverts may float from one person to another, growing more lively as the night progresses, introverts will usually seek out meaningful conversations with one or two people and head home early, having had their fill.

There's a scientific reason for that. Research on brain activity suggests that introverts take in more information than

their extroverted counterparts and need quiet time to digest all of their observations. That's why they prefer to charge their batteries in solitude and feel depleted by lots of stimulation. Because they absorb more stimuli and process it more deeply, introverts often feel overshadowed by their outgoing peers in professional and social situations.

Like you, many of my introverted psychotherapy patients express a sense of inadequacy or shame because they don't feel they are living up to American ideals. They feel pressured

to "be happy" by being fun and social when, in actuality, meaningful experiences give them a far greater sense of peace and satisfaction. I often explain to them that America has a strong cultural bias toward extroversion (think football). But this is not true everywhere. Some Southeast Asian and Northern European countries favor such introverted qualities as silence, humility, privacy and restraint.

Since we're not living in Southeast Asia, here are some things you can do to thrive as an introvert in an extroverted world.

— *This column is not intended to be a substitute for a private consultation with a mental health professional, nor is this therapist liable for any actions taken as a result of this column. If you have concerns related to this column, make an appointment with a licensed mental health professional. Metro does not endorse the opinions of the author.*

Four tips

1 Pay close attention to what kinds of people and situations increase or drain your energy. Choose to engage in as many activities that increase your energy, and minimize participation in those that deplete it. Don't push yourself to do things you don't enjoy just because you feel culturally pressured to do so.

2 Honor and respect your needs. Find ways to interact with friends and colleagues that work for you. At work, introverts often do better expressing their ideas in emails or one-on-one interactions than large meetings because they don't have to compete for the floor and can take the time they need to think through and express their complex thoughts.

3 Honor your unique contribution to a group. An introverted client of mine recently expressed her admiration for a fellow student's outspokenness in class only to find that the colleague equally appreciated her quiet confidence and thoughtful remarks.

4 Let go of shame and envy. Comparisons only drain self-esteem and precious energy. There's nothing wrong with you, and the world could use more really good listeners.



PLUS

Health

Women may have harder concussion recovery than men

After a concussion, women tend to have worse symptoms than men. That's the case even when athletes were injured playing the same sport, according to a new study of young soccer players.

Some recent studies have found gender differences in memory and other symptoms after concussions, with women generally doing worse.

The new results support findings that women take longer to recover than men, Tracey Covassin said. She led the study at Michigan State University in East Lansing.

"Results from this study may impact sports medicine clinicians on being more cautious when returning female concussed soccer athletes back to participation," Covassin said. REUTERS

LASIK Deal of the Week

\$1895 for LASIK Surgery
for Both Eyes (\$4000 originally)
Expires 11/30/2013

ORIGINAL PRICE
\$4,000

DISCOUNT
53%

YOU SAVE
\$2,105

- Board-certified LASIK surgeons exclusively dedicated to Laser Vision Correction
- 50,000 + LASIK Surgeries performed
- Tri-state's only center with 4 different lasers to best customize your LASIK

* Special offer valid with this ad only. The offer is good for Standard Lasik. Additional fee for Custom & Bladeless Lasik. Some restrictions may apply.



Call Today for a
212.759.9617
FREE consultation!



www.SeeLasik.com



Receive personal attention from a
Board Certified Podiatrist*
New Patient Offer:
FREE FOOT EXAM

Precision Footcare:
Dr. John Jurcisin

MOST INSURANCE PLANS ACCEPTED

BEFORE WORK,
LUNCH HOUR AND
EVENING APPOINTMENTS
AVAILABLE

*Established in
Manhattan for over
20 years*

We treat corns, calluses
and foot problems

212-750-8344

www.precisionfootcare.com • 133 East 58th • Suite 506 • NY, NY 10022

Bunions

Hammertoe

Warts

Heel Spurs

Fungus Nail

Ingrown Toenails

Nerve Pain

Cysts

Custom Inserts

Ulcers

\$1 ZOOM! Laser Teeth Whitening
(w/Check-up and Cleaning*)
*covered by your PPO Dental Plan

Up to 12 Shades Whiter in just 1 hour
Call (212) 537-6923 - Open Weekends and Evenings

30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 11/30/2013)

DR. STEVE

ZOOM!

Are you a sugar addict?

Quiz. Dr. Joel Fuhrman, the best-selling author of "The End of Diabetes," has the answer.

Nutritional researcher Dr. Joel Fuhrman says that sugar addiction is just as serious as a cocaine problem: "Low-nutrient foods rich in sugar, oils, white flour and salt have similar biochemical effects in the brain as addictive drugs," he tells us. But unlike drugs, sugar is legal and cheap, he warns. Take this quiz to find out if you're running on a sugar high.

1. Breakfast is:

- A** Fruits, nuts, vegetables or a whole-grain product.
- B** Unsweetened cereal with soy or almond milk.
- C** Conventional, sweetened cereal with cow's milk.
- D** A doughnut and coffee with sugar.

2. During the day you drink:

- A** Water or herbal tea.
- B** Coffee or tea, plain with no sweetener.
- C** Diet soda.
- D** Sugary soda, coffee or tea.

3. Mid-afternoon, you are:

- A** Energetic, as always.
- B** A little sluggish, but OK.
- C** You need coffee or a diet soda to make it to 5 'o'clock.
- D** Burned-out. You can't focus until you've had chocolate and a can of Coke.

4. Fresh fruit is:

- A** Sweet and delicious. You eat five pieces a day.
- B** Tasty. You have at least one piece of fruit every day.
- C** OK, but you'd rather have apple pie than an apple.
- D** Completely unappealing.

Tally up the number of A's, B's, C's and D's you got.



ROMINA MCGUINNESS
romina.mcguinness@metro.lu



Results

- **Mostly A's.** You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet.
- **Mostly B's.** There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try to avoid eating too sweet, you don't often experience the addictive drives associated with these foods.
- **Mostly C's.** You're accustomed to excessively sweet tastes and often feel the drive to over-consume sugar-laden foods.
- **Mostly D's.** You're addicted and probably aware that your need for sugar is harming your health. Check the sidebar for tips on breaking the habit.



See more at
www.metro.us

Want a hit? / GETTY IMAGES, HEMERA

Good Health Starts Here

Primary Care Associates



10 East 102nd Street, 5th & 6th Floors
New York, NY
212-241-6585
www.mountsinaiprimarycare.org



For annual check-ups or more complex health issues
Mount Sinai physicians are your neighborhood doctors

With expanded hours: Monday-Saturday
Daytime & Evening

Workplace fitness: Fight fire with fire

Firefighters like it hot. New study shows that this dangerous profession can actually be good for your health.

For a physically demanding job like firefighting, fitness is a basic requirement and may protect against injury, U.S. researchers say.

After tracking men and women in the Tucson, Ariz., fire department for five years, the study team found firefighters with the highest aerobic capacity tended to have the fewest work-related sprains, strains and other injuries.

Even though the least fit firefighters were in better shape than the general population, the study shows “those that are ‘less fit’ in an otherwise fairly fit population of firefighters and medics are still susceptible to an increased risk of injury as compared to their ‘more fit’ counterparts,” according to lead author Dr. Gerald S. Poplin, of the University of Virginia.

Poplin and his co-authors used aerobic capacity — the ability of the body to use oxygen — as a gauge of firefighters’ overall fitness levels. They got fitness information from records of the firefighters’ annual physicals and tracked injuries in fire department reports covering 2005 through 2009.

Among 799 male and female fire service employees included in the study, 357 had at least one reported injury during the study period. There were a

total of 773 injuries — not including strokes, heart attack, heat exhaustion and other conditions that suggest an underlying disease or problem.

Two-thirds of all work-related and exercise-related injuries were sprains and strains. Thirty percent of injuries led to lost time on the job.

In general, the firefighters’ risk of on-the-job injury increased as their fitness levels decreased. The least physically fit firefighters were more than twice as likely to experience injury as the fittest.

The least physically fit individuals also experienced injury sooner, within about two years, than the most physically fit firefighters, who lasted about four years without injury.

In their report, Poplin’s team says it’s not clear why the fittest firefighters were less likely to get hurt, but they speculate that those “in the top levels of a fitness spectrum may not be as susceptible to microtraumas and may recover better from injury than their less fit counterparts.”

The researchers conclude, “These findings illustrate the importance of fitness in reducing the risk of injury in physically demanding occupations ... and support the need to provide dedicated resources for structured fitness programming.” **REUTERS**

By the numbers

2/3

of all work-related and exercise-related injuries were sprains and strains. Thirty percent of injuries led to lost time on the job.



Better physical fitness correlates with less injury in firefighters. / GETTY IMAGES, PHOTODISC

THE HIGHEST QUALITY RATED MEDICARE HMO IN NYC!



EmblemHealth Medicare Advantage HMO

The Centers for Medicare and Medicaid Services has awarded our Medicare Advantage HMO Plan four stars for overall quality. That’s the highest quality rating for any Medicare HMO in NYC.

So you get high quality at an affordable price.

EmblemHealth offers a variety of Medicare plans to suit your needs, including plans that offer:

\$0 premiums | \$0 copays | \$0 deductibles | \$2 prescription drugs

Call before **December 7** to find out how you can get NYC’s highest rated Medicare HMO for 2014.

Call toll-free 1-866-827-6944

TTY/TDD: 711

8 am to 8 pm, 7 days a week



EmblemHealth®
WHAT CARE FEELS LIKE.

Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next.

Group Health Incorporated (GHI) is a PPO plan and HIP Health Plan of New York (HIP) is an HMO plan with a Medicare contract. Enrollment in GHI and HIP depends on contract renewal. GHI and HIP are EmblemHealth companies. Plans vary by county. Limitations, copayments and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or copayments/coinsurance may change on January 1 of each year. The benefit information provided is a brief summary, not a complete description of benefits. Premiums, copays, coinsurance and deductibles may vary based on the level of extra help you receive. Please contact the plan for further details. Y0026_124169 Accepted 11/04/2013.

Quoted

“[Those] in the top levels of a fitness spectrum may not be as susceptible to microtraumas and may recover better from injury than their less fit counterparts.” Study on fitness



RELIEVE YOUR FOOT PAIN TODAY!

When it comes to picking a foot surgeon, experience and specialization should enter into the decision making process. Since 1981, choosing the Board Certified Foot Surgeons at Manhattan Podiatry Associates, PC allows you the satisfaction and security that you are receiving the highest quality of care utilizing innovative techniques and the latest state-of-the-art technology from some of the most experienced, respected foot surgeons in the country!

New & Advanced Treatments



- Minimally invasive Bunion surgery
- Shockwave therapy for Heel Pain, Plantar Fasciitis, and Tendonitis
- Hammer Toe and Neuroma repair
- Laser surgery for Warts, Scars, and Toenails
- Toe Shortening and Straightening
- Cosmetic foot surgery

Most Insurance & HMO Plans Accepted

MANHATTAN PODIATRY • ASSOCIATES P.C.

MIDTOWN	DOWNTOWN
133 East 54th Street	42 Broadway
212.759.9090	212.785.1717
UPTOWN	GRAND CENTRAL
157 East 86th Street	36 West 44th St.
212.722.2424	(5th/6th ave.)
	212.768.7999

www.relievefootpain.com

Health notes

Buffet dish placement prompts healthier choices

Location of study: U.S.
Study subjects: 124 people

Results: The order in which food is presented on buffet tables affects diners' choices, says a new Cornell University behavioral study. Using two breakfast buffets — one with healthy food like fruit, low-fat yogurt and granola presented first, and another that started with more high-calorie dishes like cheesy eggs, fried potatoes and bacon — researchers found that 86 percent of diners took fruit when it was offered first, but only 54 percent took fruit when it was offered last. About 75 percent of diners took cheesy eggs when they were offered first, compared with only 29 percent who were offered them last. Also, people who chose the cheesy eggs first automati-

cally paired them with potatoes and bacon.

Significance: "The first three food items a person encountered in the buffet comprised 66 percent of their total plate, regardless of whether the items were high- or low-calorie foods," says study co-author professor Brian Wansink. "There's an easy takeaway here: Always start at the healthier end of the buffet. Two-thirds of your plate will be the good stuff."

Financial status may lead to breast cancer diagnosis delays

Location of study: U.S.

Study subjects: 585 women aged 40 and under recently diagnosed with breast cancer
Results: Women with poorer financial status were more likely to experience a delay between detecting a breast abnormality and visiting a health care provider, according to a study



Start at the healthy end of the buffet. / STOCKBYTE

ARE YOU OVERWEIGHT? DO YOU HAVE DIABETES? CHANGE YOUR LIFE!



SAFE AND EFFECTIVE
SURGICAL TREATMENTS
ARE AVAILABLE

TAKE ACTION Now!

FREE
INFORMATIONAL
SEMINAR

6PM TUESDAY,
DECEMBER 19TH
MOST INSURANCES ACCEPTED
LIMITED SEATING AVAILABLE

**2LIFE
BARIATRICS™**

CALL 866-429-5961
WWW.2LIFEBARIATRICS.COM

THE FUTURE OF FOOT SURGERY

FREE
consultation
with ad

Call Us: 1-877-BUNION-1



Downtown Podiatry
Services

DOWNTOWN

111 John Street, Suite 1450
New York 10038

MIDTOWN

315 Madison Ave, Suite 513
New York 10017

DowntownPodiatry.com



Before

After

Specializing in Surgery and
Aesthetics of the Foot

Cutting Edge Means Less Cutting

Minimally Invasive
Bunion & Hammertoe Surgery

MOST INSURANCE PLANS ACCEPTED



published in the American Cancer Society's journal, *Cancer*.

Significance: "It appears that economic disparity may be an important consideration in future development of interventions to reduce delays," say Drs. Kathryn J. Ruddy and Ann H. Partridge, who led this multicenter study at the Dana-Farber Cancer Institute in Boston.

Don't kill broccoli's cancer-fighting ingredients

Location of study: U.S.
Study subjects: Lab study
Results: A study comparing boiling, microwaving and steaming broccoli found that boiling or microwaving the vegetable for one minute or less destroys most of the vegetable's cancer-fighting enzyme, according to a new study presented at the American Institute for Cancer Research's annual conference. Broccoli and other cruciferous vegeta-

bles are a good source of sulforaphane, a naturally occurring compound with cancer-preventive actions in the body, and the enzyme myrosinase, which is needed for sulforaphane to form. The study found that boiling and microwaving destroyed the majority of the enzyme, but that steaming broccoli for up to five minutes didn't. **Significance:** "Past food processing has tended to focus on improving taste, visuals and microbiological safety," says Elizabeth Jeffery, a researcher at University of Illinois at Urbana-Champaign. "Now our task is to go further. Processing can ensure that the bioactives — the cancer-protective compounds — arrive in your digestive system in a form the body can use."

Take care of your body to take care of your looks

Location of study: Netherlands

Study subjects: 670 men and women over age 89
Results: Researchers have perhaps discovered new links between youthful appearance and long life, according to a new study led by scientists from Unilever and Leiden University Medical Center. The Leiden Longevity Study found that men and women who look younger than their years tend to have lower blood pressure and therefore less risk of heart disease and stroke. Blood pressure rates were particularly linked to facial skin sagging. **Significance:** People more motivated by good looks than good health may now have incentive to reach for that apple. "It is hoped the results of the study will encourage people to adopt a healthy lifestyle," says Dr. Diana Van-Heemst.

LINDA CLARKE

ELITE DENTAL NYC

For All your Dental Needs!
Specializing in 1 Visit
All Ceramic 3D Restorations.

Smile Designs, All Porcelain Restorations completed in as little as one Hour!

Most Insurances Accepted, Evening Hours.

Schedule Online Today!
www.elitedentalnyc.com



Thomas L Lovetere DDS
Delta Dental Provider

315 W 57th St Suite 206
NY NY 10019 • 212 757 5042

Sumayah Jamal, M.D.- PhD.

CLINICAL ASSISTANT PROFESSOR OF DERMATOLOGY
NYU LANGONE MEDICAL CENTER
Laser Surgery, Cosmetic and Medical Dermatology



Laser treatments for:

- High speed hair removal-safe for all skin types.
- Razor bumps.
- Acne, depressed acne scarring, enlarged pores.
- Leg veins, facial veins, wrinkles.
- Sagging skin on face, neck and abdomen.
- Brown "age/liver" spots, red complexion, broken blood vessels.
- Keloids.

Microdermabrasion and chemical peels for:

- Acne, melasma, dark spots, uneven complexion.

BOTOX for:

- Frown lines, crow's feet, forehead lines, perspiration.

Radiesse and Juvederm for:

- Laugh lines, lip enhancement, facial volume loss.



By appointment only • (212) 229-0333
166 Fifth Ave. 2nd Flr btw. 21st and 22nd
Subways #6, N.R.W.F.V to 23rd St.,
www.Doctorjamal.com

Read what our many happy patients have to say!
www.kerisderm.com/testimonials
Call or make your appointment online at
www.zocdoc.com

STEM CELL HAIR REGROWTH SPECIALISTS

LOSING YOUR HAIR?

Forget about ointments, Shampoo, and hair transplant!

The revolutionary technology of the Hair Cells Plus Clinic is now available in America! The unique non-invasive method of European scientists in hair restoration! No side effects! Excellent results in both men and women! Hurry up!



BRING THIS AD OR A TAKE PHOTO OF IT AND RECEIVE

SPECIAL

A FREE CONSULTATION ON YOUR VISIT.

Actual value of this free consultation is \$250
(Cannot be combined with any other offer)

SPECIAL

HAIR CELLS PLUS

A REAL CHANCE TO
GET BACK YOUR HAIR

5911 B 16th Ave. Brooklyn, NY 11204 • info@haircellsplus.com 718 872.6465

www.haircellsplus.com

MAY WAH VEGETARIAN MARKET

VEGAN
FISH FILLET
RED SPOT PRAWNS

FREE TASTING
EVERY SATURDAY

213 HESTER STREET
6 TRAIN TO CANAL ST
BETWEEN CENTRE AND BAXTER
WE ACCEPT FOOD STAMPS

NO CHOLESTEROL
GMO-DAIRY-MSG



VISIT US ON FACEBOOK/VEGIEWORLD AND @MAYWAHNYC



**SPECIAL KIDS • SPECIAL CARE
SPECIAL REWARDS AT ST. MARY'S**



OPEN INTERVIEWS
Mon to Thurs., 10am-2pm
91-31 Queens Blvd,
Suite 201, Elmhurst, NY

St. Mary's Community Care Professionals, Corp., a Licensed Home Care Services Agency, seeks HHAs, RNs & LPNs to work in the patient's home! We service children & adults in the 5 boroughs of NYC, Nassau & Suffolk.

HHAs - All Boroughs & LI

Must have photo ID, SS card and HHA Certification. Afternoon hours available. Newly Certified Home Health Aides welcome.

RNs & LPNs - All Boroughs & LI

Min. 6 months acute pediatric experience required. Private-duty nursing a plus. Shift work - all shifts avail. All boroughs.

Bilingual English/Spanish a plus. RNs & LPNs, please submit your resume for review & appointment.

The opportunities are great...the rewards are excellent!

• Call Cheryl or Daphney at 718-819-2724 for add'l information.

• Fax: 718-651-3807 • Email: cchambers@stmaryskids.org

Take the R or M train to Woodhaven Blvd Subway station.



WWW.STMARYSKIDS.ORG • An Equal Opportunity/Affirmative Action Employer

metroclassifieds

to place an ad call

866-900-9473

or visit us at www.metro.us

metro

www.metro.us
Monday, November 18, 2013

JOBS 32

Kid, you can be a 'STAR'

Mnemonics. This simple interview technique could get you the gig.

The least favorite interview question for any job candidate is probably, "Tell me about a time when you ..."

It results in tongue-tied awkward silences and stumbled responses as you grasp for examples. This is one of the toughest interview questions to tackle, especially as a new entry into the job market without much experience.

Pick an instance where the result of something you did was positive and offer some areas to think about when preparing for your interview. Examples include leadership skills, teamwork, decision-making, problem solving, feedback and meeting deadlines.

A popular way to deal with this interview



Mastering the STAR interview technique can be the key to showing what you've done and how you've progressed. / CREATAS RF

question is the "STAR" technique. You outline a situation (S) or a task (T), describe the action (A) you took to resolve it and tell the interviewer the result (R).

Take the time to work out answers to sample questions prior to the interview in the STAR format. It is often difficult to remember specific examples of accomplish-

ments and achievements in the moment.

One of the toughest things as a recent graduate or a student is that you have a smaller pool of experiences to choose from. You can use examples from past internships, classes, activities, team involvements, community service as well as work experience.

Remember, just be-

cause you have never had a "real" full-time job does not mean you've never used leadership, problem-solving or decision-making skills. The key then to a successful interview experience is preparation. Think about things you have been proud of over the last few years, and how you handled situations that didn't turn out as planned.

There are many resources for sample interview questions online. Pick a few of these and work through them. Although you may not be able to anticipate a specific question an interviewer may ask, the examples that will make you stand out against other candidates will hopefully be closer to the tip of your tongue. **MIRA SARAF**

TalentEgg.com is a job board and online career resource for college students and recent graduates.

TalentEgg
building graduate resumes



New York City Transit

- COMPREHENSIVE HEALTH PLAN • PENSION PLAN • PAID HOLIDAYS/VACATIONS
- PROMOTIONAL OPPORTUNITIES • FREE NYC TRANSIT TRANSPORTATION PASS

SIGNAL MAINTAINER

(Experienced Electricians/Electronic Technicians)

EXAM NO. 4602 APPLICATION DEADLINE: November 26, 2013 APPLICATION FEE: \$82.00 (non-refundable)

SALARY: \$30.3425 per hour for a 40-hour week, with an increase to \$32.11 in the fourth year.

JOB DESCRIPTION: Signal Maintainers maintain and repair the NYC Transit's railroad signal systems on the road and in the shop. They maintain, service, and repair various types of railroad signal equipment including all-electric, electro-pneumatic, optical, all-relay and mechanical interlocking machines, centralized traffic control machines, electronic code systems, train identity systems, microprocessors, switch machines, automatic train stops, color light and semaphore signals, electronic train control and monitor systems, and related power and control equipment.

REQUIREMENTS: By the last day of the Application Period you must have:

- Two years of full-time experience as an electrician or an electronic technician at the journey level, installing, maintaining or repairing electrical, electronic or electro-mechanical systems.
For the above journey-level experience to be credited, it MUST be preceded by one of the following:
 - Two years of full-time experience as a mechanic's helper, apprentice or trainee performing or assisting in the work described above; OR
 - Graduation from a trade school, technical school or vocational high school with a major course of study in electrical, electronic or electro-mechanical technology, or a closely related field, totaling at least 600 hours; OR
 - An A.A.S. degree or higher from an accredited college or university in electrical, electronic or electro-mechanical technology, or a closely related field.
- Completion of a four-year full-time apprenticeship in the electrical, electronic or electro-mechanical trade recognized by the New York State Department of Labor.

**YOU MUST POSSESS A DRIVER'S LICENSE
VALID IN THE STATE OF NEW YORK BY THE TIME OF APPOINTMENT**

The Notice of Examination (NOE) and filing package are available during the filing period at:

- www.mta.info/nyc/nt/appexam.htm
- the MTA Exam Information Center, 180 Livingston Street (Lobby) in downtown Brooklyn. Open Monday - Friday, 9 AM - 3 PM (except holidays)

Call the Exam Information Hotline for more information: **(718) 566-JOBS (5627)**



New York City Transit



Follow us on: Twitter.com/NYCTSubwayScoop

Facebook: MTA New York City Transit

www.mta.info/nyc/nt EOE M/F/D/V



NEW YORK STARTS HERE!

NY SKYRIDE

MOVIE • MOTION • SIGHTS™

**ENERGETIC, DRIVEN, ENTHUSIASTIC,
PERSONABLE, PASSIONATE!**

If these characteristics describe you, please keep on reading.

Job Description:

Initiating contact with potential **NY SKYRIDE** guests

Engaging potential guests in conversation about the **NY SKYRIDE**

Finalizing sales of **NY SKYRIDE** tickets

Successful candidates will have:

Previous sales experience in a goal or quota driven environment

Excellent communication skills

An outgoing personality and positive attitude

Strong organizational skills paired with impeccable time management abilities

No aversion to the elements (this is an outdoor position!)

The ability to be a team player or work independently

A high school diploma and previous sales/cashier experience

A knowledge of tourism industry/NYC a plus

Multi-lingual individuals are welcome!

Salary ranges between \$10-\$25 per hour

To learn more about us, visit www.nyskyride.com

If you are interested in applying, please forward your resume to skyridesales@gmail.com. Applications are also available on the 2nd floor of the Empire State Building, 350 Fifth Avenue - use the 33rd Street entrance. Pick up your application at our Ticket Counter/Concession Stand.

Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Follow the path of least resistance. Head in whatever direction will bring you joy. Take the time to grasp each moment.

♐ Sagittarius | Nov. 22-Dec. 21. Put more thought behind your actions. You may feel the restless need to make a change, but you must only do so for the right reason.

♑ Capricorn | Dec. 22-Jan. 20. Get in the groove and make things happen. Your enthusiasm will spark interest and allow you to stay in control.

♒ Aquarius | Jan. 21-Feb. 18. Giving in to demands will not help you take care of your responsibilities. Change the way you handle pushy people.

♓ Pisces | Feb. 19-March 20. Emotional matters may disrupt your plans. Make allowances for individuals who are facing uncertainty, but don't take a backseat. Be brave and bold.

♈ Aries | March 21-April 20. A last-minute change of plans will work in your favor. Avoid anyone trying to push you in a direction you don't want to go.

♉ Taurus | April 21-May 21. Take responsibility for your actions. Be ready to call the shots and make the changes that suit you best.

♊ Gemini | May 22-June 20. Your sudden leap to action in defense of a situation or individual will capture attention and bring you good fortune. Be true to your beliefs and carry on.

♋ Cancer | June 21-July 22. Sit tight and do what suits you, not what others suggest. You have more control than you realize, so you must shy away from making an impulsive move.

♌ Leo | July 23-Aug. 22. Gauge what's going on around you before making a move. Take care of business first to ensure no one gets in your way.

♍ Virgo | Aug. 23-Sept. 22. Take your place in the spotlight. Promote your beliefs and drum up support. Your strength of character will attract interest.

♎ Libra | Sept. 23-Oct. 22. A personal relationship or domestic situation must not be allowed to dictate what you do. A change may be in order.
BERNICE BEDE OSOL

Letters

US should give health care to the world

Re: 'The buck stops with Congress' (Metro, Nov. 14) Letter writer Mike Mace would have us believe that "il-legals" don't deserve health care coverage. I simply wish to remind him that contagious diseases don't care about the immigration statuses of the people they infect. The only fix for our immigration challenges today is to recognize that we are all world citizens, and that economic, political and social exploitation all depend entirely on a system that chooses not to grant either a legal status or basic human rights like health care coverage to all people as world citizens.

GLENN ALPERIN, VIA EMAIL

Healthy weight isn't the same as good health

I find the idea of penalizing employees who are overweight unfair. Some folks who are overweight are very healthy and some who are thin have multiple health problems. If there are penalties to be levied, then they should be according to the number of health problems one has instead of the number on the scale. People who are overweight are penalized and ridiculed because society still thinks it's OK to do so.

ANN SANDHORST, VIA EMAIL

letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

		2	3					
7		8	2				4	
3		1			8		5	
	1							3
5	8		4		7		2	1
6							8	
	2		6			1		8
	9				1	4		5
					5	6		

4	2			7			9	
		1		3				7
		3	2		5	1		
3			8					
		2	1		9	6		
					4			2
		7	4		8	5		
2			5			4		
	9		1			7	8	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

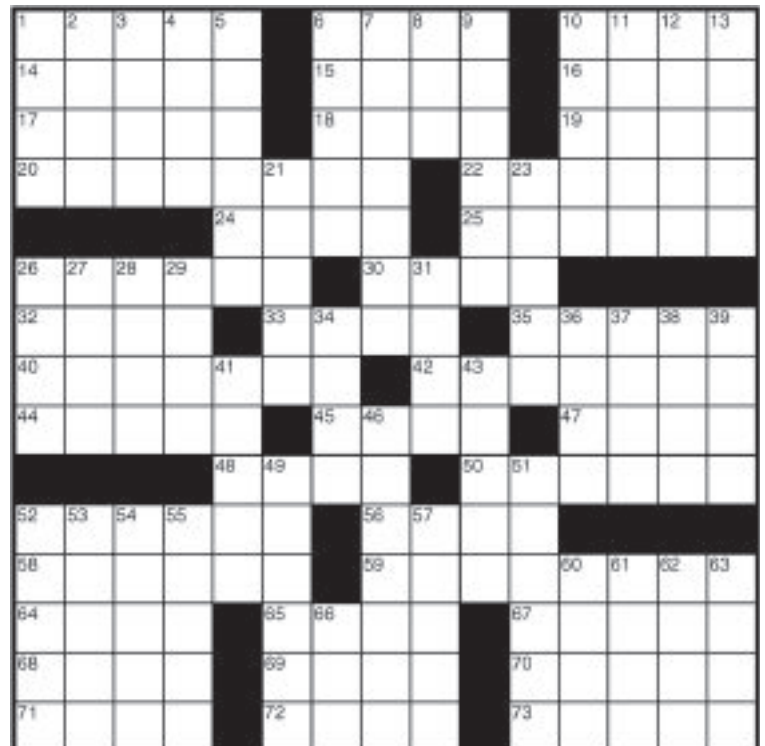
- 1 Pay out
- 6 "The Georgia Peach"
- 10 Sector
- 14 Composer — Anderson
- 15 Sight for a psychic
- 16 Prof's place
- 17 Of bees
- 18 Small-runway plane
- 19 Still in play
- 20 Mornay minus the cheese
- 22 UFO shape
- 24 BLT dressing
- 25 Say yes
- 26 Dry red wine
- 30 "Semper fi" grp.
- 32 Lotion additive
- 33 Hubbub (hyph.)
- 35 Usher in
- 40 Thudded
- 42 Light swords
- 44 Fancy gown fabric
- 45 Cheers
- 47 Max out
- 48 French I verb
- 50 Likes and dislikes
- 52 Feasible
- 56 PDQ
- 58 Monastery officials
- 59 Moonstruck
- 64 Dry up
- 65 Castor, to Pollux

Down

- 1 Marble block
- 2 Cartoon skunk — Le Pew
- 3 Clapton of "Layla"
- 4 Wordy Webster
- 5 Energetic one
- 6 "— at the Bat"
- 7 Not in a whisper (2 wds.)
- 8 Good buddy
- 9 Fragrant fir
- 10 Bantu people
- 11 In the cooler (2 wds.)
- 12 He played Phileas Fogg
- 13 Turn inside out
- 21 Not glossy
- 23 Show biz org.
- 26 Rain slickers
- 27 La senorita
- 28 Put to flight
- 29 Filmmaker — Riefenstahl
- 31 Peeved
- 34 Nose stimulus
- 36 Ice-cream servings

- 37 Comply with
- 38 Latin hymn word
- 39 Clucks
- 41 Bent down
- 43 Wish upon —
- 46 Pre-eminent
- 49 Analyzed
- 51 Geronimo's tribe
- 52 Explorer — da Gama
- 53 Girder (hyph.)
- 54 Subside
- 55 Steel additive
- 57 Have a hunch
- 60 Well-groomed
- 61 Bad cut
- 62 "Como — usted?"
- 63 College VIP
- 66 Sweet-talk

Weekend's answer



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro New York 120 Broadway, New York, NY 10271 • main 212-457-7790 • to advertise 212-457-7735 • sales fax: 212-952-1505 • National and Executive Sales Director Ed Abrams • U.S. Circulation Director Joseph Lauletta • U.S. Marketing Director Wilf Maurino • email sales advertising@metro.us • email distribution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Managing Editor, Gossip Editor Dorothy Robinson, dorothyrobinson@metro.us • National News Editor Jill Gadsby, jill.gadsby@metro.us • City Editor Allen Houston, allen.houston@metro.us • Sports Editor Mark Osborne, mark.osborne@metro.us • Features Editor, Music Editor Pat Healy, pat.healy@metro.us • Deputy Features Editor, Home/Style/Food Editor Tina Chadha, tina.chadha@metro.us • Entertainment Editor Alexandra Cavallo, alexandra.cavallo@metro.us • Film/Tech Editor Matt Prigge, matt.prigge@metro.us • Wellbeing/Travel Editor Meredith Engel, meredith.engel@metro.us • Careers/Education/Dating Editor Julia Furlan, julia.furlan@metro.us • Copy Chief Tracie Michelle Murphy, tmichelle.murphy@metro.us

3

SPORTS

Watch online



Find video and recaps of every Jets and Giants game the following day at: Metro.us/sports

Jets humiliated in Buffalo

NFL. The good feelings built up over the bye week evaporated in a disastrous performance.

After two weeks of talk the Jets could be a playoff team, they looked anything but in a 37-14 loss at the Bills.

What should have been a winnable game against a team that came into Week 11 with three straight losses by a combined 38 points turned into an unmitigated disaster.

"You've got to give all the credit to Buffalo," head coach Rex Ryan said. "They did a tremendous job. Obviously they outplayed us in every phase of the game."

The Bills raced out to a 20-0 halftime lead, the catalyst being a link-up between Bills quarterback

E.J. Manuel and T.J. Graham for a 34-yard touchdown and a 10-0 lead.

With the loss, the Jets have yet to put together a winning streak this season, failing to build on their impressive Week 9 win over the Saints.

The Jets have been uncharacteristically bad coming out of the bye week under Ryan. They are now 1-4 in the week following a bye. Ryan took some flak for taking his team to a Dave and Buster's restaurant on Saturday night instead of meetings.

"There's some coaches that give them the entire time off. We were kind of in-between this one," Ryan said. "Our team was fresh, we had two weeks to prepare and we thought we were prepared. [We] had some great practices. We just didn't execute, simple as that."

KRISTIAN DYER

sports@metro.us



Rookie cornerback Dee Milliner was routinely beat in coverage by the Bills on Sunday. / GETTY IMAGES

By the numbers

4

The Jets had four turnovers in the game — all by Geno Smith, who threw three interceptions and lost a fumble. He also recovered one.

18

New York was just 2-of-11 on third down (18 percent). They had been completing 38.5 percent of third downs this season.

10.1

Geno Smith's QB rating of 10.1 was far and away the worst of his rookie season. His previous low was 27.6 against the Patriots on Sept. 12.

23

Jets kicker Nick Folk made 23 straight field goals — one shy of Jay Feely's team record — before missing a 48-yarder in the gusty winds on Sunday.

DENTAL IMPLANTS



\$395*
per Implant

(Nobel Biocare ONLY \$100 add'l)

*Implant, post & crown must be completed at our office to qualify for promotional fees

Speak with your Smile Today!

+ post \$595
+ Crown \$795
Total \$1,785

Expires 11/30/2013

Contemporary Dental Implant Centre



7 Convenient Locations

41st & Madison Avenue
Brooklyn • Valley Stream
Smithtown (Suffolk County)
Massapequa Park • Scarsdale
Rego Park

CT Scan-3D Views of the Jaw now available at our Madison Ave. location.

FREE CONSULTATION

NEW PATIENTS ONLY

Over 2,000 implants placed each year.

Must bring in ad at the time of consultation.



CALL

212-269-9500

TODAY!

Se Habla Español www.TheNewYorkCenterForDentalImplants.com OPEN 7 DAYS A WEEK

LEGS

Get sexy in seconds.

FAST, NON-INVASIVE TREATMENTS FOR

- Varicose Veins
- Spider Veins
- Facial Veins

David M. Glass, MD, FACS
Board Certified Vascular Surgeon
25 Years of Experience

NEW YORK VEIN CENTER
BROOKLYN / MANHATTAN

1-888-920-2871
www.NewYorkVeinCenter.org

What we learned ...



Geno Smith was sacked four times for a loss of 30 yards and faced pressure all game as the offensive line couldn't protect him. / GETTY IMAGES

1 Dee is an 'F'

First-round pick Dee Milliner was supposedly among the top four players on the Jets' draft board when he was picked No. 9 overall this past April, but he's looked like anything but a top-tier cornerback. He was burned on the Bills' first touchdown of the game when he got turned around on Manuel's heave toward Graham. He also gave up a 40-yard connection midway through the third quarter, when he was burned over the top and tight against the sidelines. Right now, Milliner is nothing short of a liability on the field. He needs to be benched.

2 Smith's terrible day

Geno Smith didn't look like a franchise quarterback on Sunday, at least not in the NFL. It would be easy to blame Smith's bad day on an offensive line that wasn't at its best or on the fact that he's a rookie quarterback and still developing. Instead,

Quoted

"The four turnovers, obviously, is a huge, huge part of this game. You turn it over four times [and] you're not gonna win any games."

Rex Ryan

it might just be that he's not very good and struggles to read defensive coverages. He consistently threw into double coverage and all three of his interceptions against a very good Bills secondary were avoidable — including twice underthrowing his targets. Smith was yanked by the end of the third quarter with a stat line that read 8-of-23 for 103 yards with three interceptions and a blindside fumble in an abysmal afternoon. Week 11

represented the sixth time in his young NFL career that he has thrown multiple interceptions in a game. The Jets have won just one of those six games. He finished with a passer rating of 10.1.

3 Simms city

If there was a bright spot for the Jets, it was the performance of Matt Simms. The second-year quarterback entered the game in the fourth quarter and had far more of a pocket presence than his rookie predecessor. He orchestrated a six-play, 62-yard drive on his first possession and completed all three of his passes for 48 yards. He found Jeff Cumberland for a 13-yard touchdown to cap it off. That small measure of respectability showed that Simms can play at this level, and there should be a quarterback controversy in Jets land. He was very nearly picked off on his second drive of the game but there is clearly some potential.

KRISTIAN DYER

HIS HAIR
SCALP MICRO-PIGMENTATION

THE INNOVATOR AND WORLD LEADER IN SMP®

A STYLISH SOLUTION FOR MALE HAIR LOSS

Scalp Micro-Pigmentation (SMP®) is revolutionizing the treatment for male hair loss. Developed by HIS Hair Clinic, SMP® gives the appearance of a short, cropped hair cut. You'll get a style you love, and the confidence to go with it!

Suitable for:

Alopecia - Male Pattern Baldness - Receding Hair Lines - Scar Camouflage

Celebrity Hair Dresser
Daniel J



BEFORE SMP®



AFTER SMP®

GET THE LOOK OF A **FULL HEAD** OF HAIR WITHOUT SURGERY. IMMEDIATE RESULTS - 1,000'S OF SATISFIED CLIENTS



BEFORE SMP®



AFTER SMP®

To book a **FREE** consultation simply call us toll free at **1-855-447-4247** or email us at **USA@hishairclinic.com**.

For more information, please visit **www.hishairclinic.com**

IT'S TIME TO

SHOW OFF YOUR MOUSTACHE



HERE'S HOW IT WORKS:

- Share pictures of your 'mo' using Facebook, Twitter and Instagram with **@metronewyork @Heights_Kenchi #MetroStache** in your post from November 14-30.
- Your 'mo' photos will be prominently displayed on a rotating slideshow on **www.metro.us** throughout the campaign. Then on December 3, we will run a photo spread of some of the great moustaches submitted.
- A winner will be randomly selected to win a prize from The Standing Room by Heights + Kenchi!

metro

#MetroStache

THE STANDING ROOM
BY HEIGHTS + KENCHI

Breakaway Hoops

BEST TEAM & FREE AGENT PRICES IN NYC!

SIGN UP TODAY!
\$1100 per team or \$125 per free agent.

ENTRY DEADLINE DATE
November 22

All games played weekdays
6pm-11pm in Manhattan.

Winter Men's Basketball League Begins Dec. 2



WWW.BREAKAWAYHOOPS.COM

Erectile Dysfunction Clinic Opens in New York

BY STEVE MUELLER
Men's Health Consultant

NEW YORK • Local physicians at a new medical office in New York are so sure their medication will help men with erectile dysfunction, they are offering the first 37 callers a free in-office medication dose.

Erectile dysfunction and premature ejaculation have long been a problem for millions of men, in spite of the popularity of Viagra, Cialis and Levitra. Many men aren't helped by these pills or cannot take them due to adverse side effects.

New York Men's Medical custom blends over 180 combinations of medications for each patient. "That's why our success rate is so high," says Dr. Kevin Hornsby, M.D. and author of the book "A Doctor's Guide to Erectile Dysfunction." "We help men as old as ninety-four, with diabetes, prostate surgery and heart conditions. Regardless of their age or medical history our results everyday are amazing."

All medications are FDA approved, and no surgery is involved. "We adjust the prescription for a man's per-

formance to 45-minutes, an hour, 90-minutes or longer," according to Dr. Hornsby, "and patients see results right in our office. After climax the patient stays erect the entire period of time. This allows them to achieve a second climax and adequately satisfy their partner. No other medication can do this. We offer a simple guarantee: If you don't respond to the medication on the first visit the office visit is free." With that guarantee, local patients have nothing to lose.

Openings are filling quickly for the free in-office medication dose, after that the normal fees will be charged. Patients see a licensed New York physician and are assured of utmost privacy and professionalism with private waiting rooms and an all male staff. Further information is available by calling (917) 675-4295.

New York Men's Medical Clinic, 1115 Broadway, 10th Floor, New York, NY 10010, at W. 25th St. bet. 5th & 6th Ave. For patients more than 60 miles away the doctor will pay your gas.

www.NYMensClinic.com

Board Certified Urologist endorsed

SEARCH IT.
FIND IT.
BUY IT.

metroclassifieds

Giants keep playoff hopes within reach

NFL. New York has won four straight games and pulled within one in the loss column of first in the NFC East.

The Giants' improbable march to the playoffs continued Sunday with a 27-13 win over the short-handed Packers for their fourth straight victory.

They became the first team to improve to 4-6 after starting 0-6 since the 2009 Titans. Those Titans finished 8-8 and missed out on the playoffs though.

We take a look at what went right for the Giants in the win:

1 Down with JPP

With all of the momentum turning toward the Packers, Jason Pierre-Paul came up with a potentially season-saving play. Eddie Lacy had just made it a 20-13 game with 12:52 left in the game and an Eli Manning sack led to a punt. But Pierre-Paul leapt in front



Andre Brown was solid again in his second game back from the injured reserve. / GETTY IMAGES

of Scott Tolzien's pass, plucked it out of midair and waltzed untouched into the end zone to give the game its final margin. Pierre-Paul has had a down season (just two sacks), but he might've made its biggest play Sunday.

2 Good weather

Punter Steve Weatherford was a disaster for the Giants last week. In addition to a partially

blocked punt, he shanked two others. But he gave the Packers and their inexperienced QB poor field position all game Sunday. He averaged 53.3 yards per punt and downed one inside the 20.

3 Brownout

It is becoming quickly apparent just how much the Giants offense missed Andre Brown while he was out with a fractured leg. He was

great in his return last week, but his workmanlike performance Sunday is something they can count on. He had 66 yards on 18 carries, but his 2-yard run late in the third quarter was the biggest. He carried multiple defenders to the goal line after being hit in the back field.



MARK OSBORNE
mark.osborne@metro.us

Legal and Professional Services

Directory

To advertise in this directory call Johan Svennerholm at 212.457.7823 or email JOHAN.SVENNERHOLM@METRO.US

metro

INJURED? Need a Lawyer?

Call Now: 212-571-9200

FREE CONSULTATION • NO WIN NO FEE

*Available 24/7 • \$76 million in Claims 98% WIN RATE!

www.Fight4Injury.com • Feiner & Lavy, P.C. Attorneys at Law
325 Broadway, NY NY 10007

Español • العربية

Attorney Advertisement



ABSOLUTE DIVORCE

Hablamos Español

FREE Consultation

212-504-2985

80 Broad St., 5th Floor, NY, NY 10004

www.absolutedivorceinc.com

starting
at \$239
+ court fees

Must bring in ad
Expires 11/26/2013.

BANKRUPTCY

917-783-0906 • \$795+ Court Fees

Free Consultation

"I can help you get a fresh start"



Flushing (QNS): 136-17 39th Ave., 3rd Fl, Flushing
Manhattan: 116 West 23rd Street, 5th floor

Debt relief agency. We help people file for bankruptcy relief under the bankruptcy code. Evening and Sat appts available



Howard S. Warner, Attorney

LEGAL PROBLEM?
I KNOW HOW
TO WIN FOR YOU!

Joseph B. Maira, Esq., 1229 Ave. Y,
Suite 5C, Bklyn. Cell 718-938-3728

FIRE?

212-286-1425

OWED
OVERTIME?

LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, New York, N.Y. 10022

BANKRUPTCY

Not Sure Who to See for Bankruptcy?

Want an Attorney Who Will Provide Friendly, Caring, Personal Service at a Low Price? Then Call
Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn
Bankruptcy Only, Chapter 7 Specialist, Low Fee, One Set Fee, Installments, Personalized Attention, Free Consultation

The Bankruptcy Whisperer

ACCIDENTS & INJURIES

- * Truck / Car
- * Medical Errors
- * Cerebral / Erbs Palsy
- * Police Brutality
- * False Arrest
- * Construction
- * Slips / Falls
- * Bedsores

WHEN THE CARELESS NEEDLESSLY ENDANGER THE PUBLIC SAFETY CAUSING HARM, YOU MAY BE ENTITLED TO COMPENSATION

212-926-0050

Rawlins
Law Firm

No fee unless successful
Free Consultation 24/7

Medical Research

To place an ad call Andrea Paz at 212-457-7831 or email andrea.paz@metro.us

DIRECTORY

DO YOU SELF-INJURE?

HAVE YOU RECENTLY HURT YOURSELF ON PURPOSE WITHOUT WANTING TO DIE?

SEEKING PARTICIPANTS FOR A RESEARCH STUDY

If so and you are between 18 and 29 years old, you may be eligible to participate in a research study examining a free psychotherapy intervention for Non-Suicidal Self-Injury through Fordham University's Psychology Department.

For more information, please contact the T-SIB Program at **718-817-0188**

ARE YOU DEPRESSED?

Help us understand how treatments for depression work

This is a research study for individuals ages 18-75 who are depressed

You may be eligible for a free assessment of depression as well as participation in a clinical research study



If interested, please call the Depression Clinic at **(212) 543-5067**

The research study is conducted at
NYSPI / Columbia University
Medical Center

NYSPI IRB Approved 6038, 11/02/2013 - 11/01/2014

Free one on one counseling

RESEARCH STUDY

Have you suffered a trauma?
Do you use alcohol or drugs to cope?

AN OPPORTUNITY TO RECEIVE COMPENSATION

RESEARCH TREATMENT STUDY AT
THE CITY COLLEGE OF NEW YORK. INDIVIDUAL
THERAPY SESSIONS. SUPPORTIVE AND
CONFIDENTIAL ENVIRONMENT.

212-650-5177



THE CITY UNIVERSITY OF NEW YORK
138TH & AMSTERDAM

Are you always looking for the bathroom?

Do you feel like you're always rushing to the bathroom and often cannot make it on time to urinate?

We are currently conducting a study with an investigational medication for urinary leakage as a result of overactive bladder.

If you have tried medications before for overactive bladder and they either did not work or you did not like the side effects, this new investigational medication may be an alternative for you.

If you qualify, medical exams and investigational medication will be provided at no cost to you, insurance is not necessary.

If you would like to know more about the study, please call Manhattan Medical Research

at **917-409-3917** or

beverly@manhattanmedicalresearch.com



HIV Research Study

HIV Positive?

- Are you at least age 18 and under 65 years old?
- Are you currently stable on antiretroviral drugs with a viral load of 1000 or less?
- Is your CD4 count between 200 and 600?
- Willing to attend 9 office visits over 9 weeks?

If so, you may be able to participate in a clinical study of an investigational use of an approved drug combined with your current HIV treatment.

Qualified participants will be compensated for their time and travel.

For more information call:
(212) 924-3934, ext. 100

metroclassifieds reserve your space

DEADLINE: two (2) business days prior to publication at noon.

866 900 9473

Are you experiencing lower leg pain from a herniated disc?

If a herniated lumbar disc is causing you lower leg pain, please consider joining this clinical research study.

Our clinic is conducting a clinical research study to examine the effectiveness of an investigational drug in reducing leg pain when compared with a control injection (an injection with no medication).

Who can take part?

You may be eligible to participate if you:

- Are experiencing lower leg pain associated with lumbar disc herniation
- Are 30 to 70 years of age
- Are not on worker's compensation, and
- Are able to meet other entry criteria.

If you qualify, you will receive the investigational drug (or a control injection) and study-related physical exams at no charge to you.

Participation in the study is completely voluntary. Contacting us to learn more about the study does not obligate you to participate.

To find out more, please contact us.

635 Madison Avenue, 13th Floor
New York, NY 10022

877-325-MEDS(6337)

www.researchacrossamerica.com



Volunteers Needed for a Gum Disease Study?

The New York University College of Dentistry - Bluestone Center for Clinical Research is seeking volunteers with and without gum disease to take part in a clinical research study. The purpose of this research study is to find out which germs make gum disease worse.



The study requires you to come visit our clinic for up to 14 visits.

To qualify, you must:

- Be at least 25 years old
- Have at least 20 natural teeth
- Have not used tobacco products for at least a year

Compensation provided for time and transportation

At the end of the study participants will receive a full dental cleaning.

Contact Information: **212-998-9310**

Principal Investigator, Patricia Corby, DDS, MS

NYU BLUESTONE
CENTER FOR CLINICAL RESEARCH

NYUSOM IRB APPROVED
5/7/13 - 5/6/14



DIRECTORY

Health & Beauty

To place an ad call
Samantha Miller at
212-457-7831 or email
samantha.miller@metro.us

10am - 1am
EAST SPA
DEEP TISSUE
COMPLEX ROOM
212.832.3333
216 E49TH ST

GRAND OPENING
ASIAN BODYCARE
Complex Room
718.777.2889
25-19 ASTORIA BLVD QUEENS

ALOHASPA.NY.COM
ALOHA SPA
347.574.2323
252 W14TH ST. BET TTH & 6TH

9am - 3am
EAST VILLAGE SPA
Beautiful
KOREAN JAPANESE SPA
LITTLE SECRET
347.925.0034
84 E10TH ST

GRAND OPENING
point Mea
Asian
bodywork
1st Ave & 15th St
646.896.1957

metroclassifieds

in print & online

TO PLACE AN AD:
 866-900-9473
 CLASSIFIED.METRO.US
 NEWYORKCLASSIFIEDS@METRO.US
CLASSIFIED AD DEADLINE:
 5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IMPORTANT INFORMATION:
 All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Real Estate/Sale



PUBLISHERS NOTE
 All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes it illegal to advertise any preference, limitation or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at (800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500.

Farm/Ranch

Rough Cabin on 13 acres, open & wooded land with small brook in Delaware County. Owner financing. \$6000 down \$655.56/mo. Only \$36,900. Call Bill Hunt, Steady, NY 607-563-1993

Multi-family

Bloomfield, NJ
 2 BR apts-Located in desirable Historic District, oak floors, Hi/Wo/cooling gas incl. Indrv on site. Walking distance to NYC train & bus. No Fee. No Pets. 973.389.1100 \$975

Homes

1033 E. 214 St. Open House Sat & Sun 12-4 pm. Fully renov 3 fam brk sd. 10 bns, 4 bths, granite kit & wd flrs. Lo \$\$ ch. Owner 646 431-0105 718-740-5222

3487 Kingsland Ave. Open House Sat & Sun 12-4 pm. Renov 50x100 kit, 5 bns, 2 bths, drwny, 2 car gar, low down. Owner 646 431-0105, 718-740-5222

Homes

NOTICE TO THE PUBLIC

AFFORDABLE HOME PROGRAM
 START WITH AS LITTLE AS
\$1,000

GOOD CREDIT, BAD CREDIT, NO CREDIT
ALL CASES PROCESSED
 CALL NOW FOR FREE REGISTRATION
 MANY HOMES ARE FULLY RENOVATED

BROOKLYN, QUEENS, BRONX, WESTCHESTER AND LONG ISLAND
3.5% TOTAL DOWNPAYMENT NEEDED

Affordable Home Program LLC
 NYS. Licensed Real Estate Brokers
 116-16 Queens Blvd Suite 202,
 Forest Hills, NY 11375
(718) 544-1200

★ PARKCHESTER ★ 2BR CONDO ★

Newly renov, new SS apts, elv bldg, nr all transit. Broker 917-270-3244

AVE J/E. 80s 2 fam fully renov 22 bns, fin bsmt, new party size kit, new bth fully alarmed, \$15,000 down. ★★ Owner Mike 917-576-2760 ★★

★ FLATBUSH ★

2 Fam, Att, Brick, 32 BR, Fin Bsmt, Blvd, Nr Transp, Vacant, \$48K. UNIQUE HOMES R.E. 347-756-8291

Jamaica-2 family det'd, 6 BR, 3 1/2 bath, fin bsmt, new kit, bath, wd flrs, heating. Very spacious, near all. Great cond. Owner 718-297-1505

Roseade-Huge, 2 fam, brand new constr. Det, 40x100, 6 BRs, 5 full bns, 6 BRs & kit, full bsmt, driveway. Big Yard. Solid house. Owner 718-297-0505

★South Ozone Park C 2 Believe★ Beautiful 1 FAM det, hi-end, renov, low \$\$ drs. Fin bsmt. Owner pays closing costs. By Owner 917-902-3881

Real Estate/Rent

Apartments

HARLEM LARGE STUDIO
 In Brownstown, 2nd flr, pvt kit, Nr all transit. \$975 mo incs gas Credit/refs req. Agent 347-209-6961

Bedford Park ★ Mosholu Pkwy So.
 Near Park, Garden, Zoo, Trans. 1 br \$995 Well Maintained. 1st mo rent free! Agt 718-657-1085

Boston Rd & Westchester Ave. 1 & 2 BR apts, walk-up bldg, Renov Kit/Bth, nr Trans & School. Sec 8 OK. Owner Maria 914-632-1230

Crown Hts ★ Lefties Av/Washington
 Well maint. Rent stabilized building. Near shops/trans. 1 br 1600mo. 1st mo rent free. Agent 718-657-1085

EAST FLATBUSH AVE H & E. 32 St
 1 blk off Flatbush. Studio \$1025. Well maint rent stab bldg. Nr shops/trans. 1st 1/2 mo rent free. Agt 718-657-1085

Homes

NOTICE TO THE PUBLIC

AFFORDABLE HOME PROGRAM
 START WITH AS LITTLE AS
\$1,000

GOOD CREDIT, BAD CREDIT, NO CREDIT
ALL CASES PROCESSED
 CALL NOW FOR FREE REGISTRATION
 MANY HOMES ARE FULLY RENOVATED

BROOKLYN, QUEENS, BRONX, WESTCHESTER AND LONG ISLAND
3.5% TOTAL DOWNPAYMENT NEEDED

Affordable Home Program LLC
 NYS. Licensed Real Estate Brokers
 116-16 Queens Blvd Suite 202,
 Forest Hills, NY 11375
(718) 544-1200

Apartments

★ FLATBUSH CHURCH & 42nd ST ★
 Renov 2 BR apt w/ hwd flrs. Near shops & trans. Rent stabilized. Well maintained bldg. \$1650mo. Agent 718-657-1085

Prospect Pk Ocean Av Corner Parkside Studio \$1025mo, 2 br \$1350 in well maintained, rent stabilized bldg, hwd flrs. Across the St. from park, subways/shops. 1st 1/2 mo rent free. Agent 718-657-1085

★RUGBY★ E. 56th St & Church Ave. Well maintained, rent stabilized bldg. 2 bns \$1375. 1st month rent free. ★ Agent 718-657-1085 ★

QUEENS VILLAGE ★ HILLSIDE AVE 1 br \$1200. Hwd flr. Rent stabilized, garden complex, laundry facility. 1st 1/2 mo rent free. Agt 718-657-1085

Richmond Hill 2 Br, Lr, Kit, bath 3rd flr pvt house, fresh paint, Nr hsp & e train \$1200 util incl 1 mo rent 1 mo sec. No Pets Owner 718-658-3554

SUFFERN 1 BR, Den, 1.5 Bath Elev bldg and generator HT/HW ind. \$1550. Leasing Office open Mon-Tues & Fri. 10-12 & 1-5pm Sat & Sun 1-5pm For info call 845-388-0700

GUTTENBERG ★ 6812 Polk St ★
 1 BR 10ft apt, 740SF-1,000SF newly renov, elev & parks. From \$1500-\$1800mo. Mgmt office 201-355-9137 www.qualityurbanproperties.com

Commercial

EAST NY STORE FOR RENT
 Liberty Ave. Busy Loc. 800 sq ft + Bsmt. Call Owner 917-622-0133

Miscellaneous

WAKEFIELD 220 St. Furn Rm. Near everything 183x140 1 mo security. Share kitchen & bth. Nonsmoker. Female pref'd Owner 646-552-2220

New Lots Flatbush ★ Furn'd Rm Nonsmoker. Cable, frig & util. incl. No pets. Avail immed. \$175/wk, plus 2 wks sec. By Owner 347-494-9223

Miscellaneous

St Albans. Furnished Room
 For Rent Close to shops & transp. Call Owner 718-749-3421 until 9PM

★E.N.Y. Bklyn ★ Unfurnished Room, with cable included. \$225/week 2 wks sec., 1 wk rent No pets. Call owner 646-664-5271

Looking for gay prf, m/f to share a 2 bed, 2 ba apt quiet drmn bldg, Chelsea. Rent \$1550 p/m. Phil (212) 989-1512

All Manhattan/ Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move in Today! All Utilities Inc.! Starting Just @ \$125/wk! Call Us Today: (212)368-2685

Affordable Furnished Rooms in Manhattan

Utilities Included Same Day Move In Cable, T.V, Internet No Credit Check \$125 per week Call 212-862-0457

Business Opportunities

Private Entry, Bath, Kitchen 1 Person/2 Person \$125/wk/up Studios \$800 monthly/up nyc rentals

212-697-3962

212-697-3962

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Business Opportunities

Careers

Personal Assistant Needed
 In Your Area, It Won't Disturb Your Present Job. Any Job Experience Can Apply Age 18yrs And Above. Contact: larry.white@wellne slifesupplies.org Part Time.

Want to make a change in your life? Interested in healthcare?
 We offer hands-on training in a variety of healthcare fields. • Classes starting soon!

START TODAY!
 888-806-6333 SBI Campus - an affiliate of Sanford-Brown - Melville, NY sbmelville.edu

Saturday Baking Program

Located at 10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

10th avenue between 33rd and 34th St Call 646 559 8551 x1

Careers

Tired of your Job?
 Want to jump to a new career??? Not sure where to start??? With training in Medical Assisting, you too can start a new chapter in your life! Degree program available!

Call now to get started! 877-839-5444 SBI Campus - an affiliate of Sanford-Brown - Melville, NY sbmelville.edu

Call and receive a Career Guide brought to you by Sanford-Brown and CareerBuilder! Read about... Job Searching in a Recession - 5 Ways to Get Better Pay - Want Job Security? Work on your education and more! Call now, to get your copy!

877-871-6444 Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

Sanford-Brown Institute • New York, NY • Garden City, NY Licensed by the New York State Education Department. Programs vary by campus sanfordbrown.edu

For Sale

★★ SPORTS CARDS & MEMORABILIA ★★
 Cash Paid for entire collection. Buying & Selling! Call 732-547-4381

CASH PAID FOR ENTIRE COLLECTION. BUYING & SELLING! CALL 732-547-4381

Vehicles

CORSA EXHAUST MUFFLER SYSTEM for 2007 DODGE CHARGER RT Hemi for Sale. Price neg. Must Sell. Owner 914-882-5116

Pets

♥ ADORABLE YORKIE PUPPIES ♥
 CALL TRACY 718 236-1515

Bull Mastiff Puppies 3 males, 3 females, 6 wks old \$800/ea ownr 718-416-8031

★★ SHIH-TZU PUPPIES ★★
 Toy & Imperial Sizes, All Colors Call 718 236-7567

♥ YORKIE PUPPIES FOR SALE ♥
 Toy & Teacup sizes. Call: 718-259-2295

Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 519-523 Metropolitan Ave., Brooklyn, NY 11211 for on-premise consumption. 123U LLC

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, November 20, 2013 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from AAM Restaurant LLC to continue to, maintain, and operate an unenclosed sidewalk café at 415 3rd Avenue. in the Borough of Manhattan for a term of two years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, November 20, 2013 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from DSL Chicken Corp. to continue to, to maintain, and operate an unenclosed sidewalk café at 355 Amsterdam Ave. in the Borough of Manhattan for a term of two years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

BEST TRAINING BEST PRICE

MEDICAL ASSISTANT
 • Medical Assistant CALL for a Price
 • EKG Technician \$399
 • Phlebotomy Tech \$399
 • Medical Billing \$399
 • Pharmacy Tech \$899

COMPUTER TECH

• PC Technician [A+] \$399
 • Networking Concepts [N+].. \$399
 • Network Security [S+] \$399

www.acecareer.edu Registration fee & book charges are not included! FINANCIAL AID AVAILABLE For select Programs & Scholarships

MANHATTAN 212-695-9700 QUEENS 718-575-3223
ACE INSTITUTE OF TECHNOLOGY

VITAL CAREERS START HERE!

Medical Assistant Surgical Technologist Respiratory Therapist

EARN YOUR ASSOCIATES DEGREE, NOT just a certificate!

OTHER PROGRAMS:
 • HEALTHCARE ADMINISTRATION • DENTAL ASSISTANT (MEDICAL BILLING AND CODING) • PHARMACY TECHNICIAN

• TRANSFER CREDITS ACCEPTED • EARN COLLEGE CREDITS DAY/EVE/WEEKEND COURSES • FLEXIBLE SCHEDULES

CALL TODAY! 1-855-626-3504

OUR ADVISORS WILL HELP EVERY STEP OF THE WAY
 254 W 54th Street www.mandl.edu

MANDL SCHOOL
 THE COLLEGE OF ALLIED HEALTH

metroclassifieds

in print
& online

TO PLACE AN AD:

866-900-9473

CLASSIFIED.METRO.US

NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:

5PM TWO BUSINESS DAYS BEFORE PUBLICATION

Jobs

Sales / Marketing

*** SALES ***

Energetic, onsite, real estate sales professionals to sell spectacular oceanfront homes in a successful, award-winning Queens's community. Compensation includes commissions and benefits. 5 day week, weekend a must. Min of 3 yrs new home sales exp req. Must be an exp'd sales professional. Excellent communication and people skills, highly organized and computer proficiency read. Email resume and cover letter to: chomases@beechwoodhomes.com

TV / Film / Musicians

Actors/Models/Dancers/Extras All types
NEEDED!!! For film/TV/print/commercial/runway. NO EXP NEC. All sizes welcomed! Call (646) 807.7402

Training

HOME HEALTH AIDE/CNA TRAINING
NYSED PCA to HHA upgrade. Call 718-323-3950

NYS APPROVED SECURITY TRAINING 8/16/FG Prep \$99.00. No Hidden Fees. 8 Hr Annual class avail. Sec Lic 1-wk. Tel: 347.369.0914

SECURITY GUARD TRAINING
8 hr cert \$25 same day. Annual \$30 * 16 hr \$60 * 10 hr OSHA course \$150. 718-994-7775 NO HIDDEN FEES

Home Health Aide/CNA Training
NYSED. Assistance for slow learner. Long time out of school placement assist. Btw Grant & Eldert 718-349-8003

EXTERMINATION/TERMITE CERTIFICATION
NYS cert. 69 days. Jobs/biz Fin'l aid if qual. 24hr 718-205-0557/800-220-5484

Transportation / Travel

Healthcare

IMMEDIATE

CNA's & LPN's
With LTC experience needed in THE BRONX
JOB FAIR
WED NOV 20th, 9am-4pm
558 Morris Av Bronx NY 10451
IMMEDIATE ORIENTATION
GRT PAY/HEALTH BNFTS
Refreshments will be served.
For info & dir. call 718-634-7400
anna@staffinginc.com

Security / Law Enforcement

Quarters/ Front Desk Agents
No Exp. Nec. HS Diploma a plus! \$11-19/hr. + Med.
Veterans welcome.
212-470-9965

FIREGUARDS/OFFICERS
FT/PT Pays \$13.45-\$23.45/HR
Morns/ Noon. Full benefits
+ Union 401K.
Call 347-351-4447

***A ABOVE AVERAGE OPPTY**
no exp nec. will train. immediate opportunity. Up to \$18/hr.
*** Call 24/7: 347-357-2133 ***

A ABSOLUTE ACTUAL OPPTY
Guards needed. no exp nec. no felonies. FT/PT, up to \$22.50/hr.
*** Call 24/7: 212-470-4326 ***

Attention FRONT DESK GUARDS
No exp req'd. Up to \$22/hr. FT/PT, IMMEDIATE OPENINGS.
Taking calls 24/7 at 212-273-1197

FRONT DESK GUARDS
Wall St. location. no exp necessary. Pay up to \$13.25 per hour.
Call Lt. Kelly 347-246-9305

Transportation / Travel

DRIVERS for bus co. License
requirements CDL B with P endorsement. Competitive salary and benefits. 917-217-106, 516-569-2400

Transportation / Travel

Wanted TLC Licensed Drivers
Wanted TLC licensed drivers 6 days a week Saturdays and national holidays off.
-We pay \$130 per day, \$780 per week in form of check (1099)
-Contact Igor at 917 560-0780 from 1 - 8pm.

Driver For Private Assignment

I'm looking for a very special person who is educated, responsible, caring, patient, and fun! I'm a very busy person who needs an extra hand and looking for a professional and experienced driver to take up a private assignment please send us an email for more details stevebron92@gmail.com or call only (209)3827997

Must have a clean driving record and be willing to submit to a drug screen. Also willing to submit to background checks. Full Time. \$200/hourly.

BUS DRIVERS CLASS B + EXP'D
Must know how to drive 20 to 25 passenger vehicles. Must know Bklyn & Queens. CALL MADDY 914-988-2500

DRIVER Distribution Company
Looking for Driver with truck exp. Warehousing, QTY, All CA. benefits. Call between 9am-2pm. 718-894-2345

DRIVERS- Bronx loc.
CDL B a+, 3 years exp. Clean motor vehicle record. Good pay & benefits. Call 201-797-8000 x229

DRIVERS
Premier Paratransit is seeking Drivers with NYS CDL Class C with Passenger Endorsement
COME IN FOR APPLICATION
940 Remsen Ave/bet Av D/Foster Av
Mon-Fri 8am-7pm. Sat/Sun 8am-4pm

General Help Wanted

Corporate Receptionist/ Lobby Attendant Corporate
Residential facilities. F/T P/T \$10.75-23/HR. No Felonies. 212-470-0354

General Help Wanted

Ticket Agents
Start Today! Paid Daily Work/Hrly loc. 30% comm 218W37.5th floor 212-664-0300

Seeking Bartenders & Barbacks
for large events Open house 9am-5pm today. 148 Madison ave 4th floor. The Supporting Cast. Bring resume & 2 forms of ID.

Lobby Attendants/ Concierge
Overnights/ Noon P/T/F/T. Full dental/ Medical benefits/ 401K+ Pension. pays \$10.25-\$23/hr. Call 646-724-4462

ACTIVIST JOBS!
Campaign to: -Stop fracking in New York - Keep our water clean - Save the planet \$12-\$16/hr F/T/P/T/Carer. Call Will at (212) 219-1502

Business Opportunity-Owner/ Operator-Open House
Deliver newspapers as an Owner/Operator under agreement with our company in Manhattan. Earn up to \$1,000+/month. Must have dependable car. Call 646-277-3795 for details

General Help Wanted

Ashmatt Employment Agency
Many Job Openings
Factories, Restaurants, Deli Sales, Cashiers, Domestic and more
(718) 478-5690

TELMKTRS F/T EXP ONLY! MADE YOU LOOK!!!
Now All You Have To Do is Call. Salary + Comm. + Bonus = \$8-\$12/Hr.
David (212) 563-7500

APPLY NOW - F/T WORK EARN SERIOUS \$\$\$ FOR THE HOLIDAYS UP TO \$900/wk PAID TRAINING INCENTIVE
IMMEDIATE START
No Experience Needed
Full Training Provided
Call 718-210-3642

AUTO MECH Min. 10 yrs exp.
Must have NYS Insp Lic, own tools & sales exp. 6 days/wk. Voltey Stream area. Call 516-697-1242

BILLING CLERK
MA590 & Billingual Eng/Span a MUST.
Proficiency in MS Excel, SA TSD.
Fax Res: 212-431-1955 Attn: Josette or Email Res: jhmelbluocan@yahoo.com

Customer Service Reps / Supervisors
Dispatchers Includes nights & wknds. 2 yrs exp. Apply in person with resume. Mon - Fri 4:30 - 6pm only. 2642 Broadway 9100 St, 2nd fl, NYC

LOCKSMITH NEEDED
Exp commercial work only. Brnfs, vednle, Immediate. Call 800-510-3614 or 516-322-2449 fax 516-293-0521

MAINTENANCE
Beacon of Hope House, a provider of residential services to adults with mental illness, is seeking a

FACILITIES/HANDY MAN
NE Bronx Location
The ideal candidate will have some background in social services + 2 years experience in property management. Duties include repairs, including plumbing, wall repair, minor plumbing and various custodial tasks. Must have own vehicle. Please send resume and cover letter, indicating position of interest and salary requirements, to: careers@archway.org or FAX to 212-826-8795

PLUMBERS MECHANIC- Know of Boilers.
Drivers lic. nec. Call 718-326-0047

PLUMBING MECHANIC \$18/hr.
JR. MECHANIC Plumbing \$15/hr. Must know tools & valid drivers lic. Knobs of sprinkler, boiler, sanitary water. Call 718-977-5011 for interview

TELEMARKETERS : PT Exp'd.
cold call closer. Flex hrs. Base pay, bonus & transportation stipend. resume to m.hanchard@mutualofomaha.com

TELEPHONE OPERATORS
Knowledge in computer entry. Busy corp. car service - XYZZ-Way Radio. Call Susan for appt 718-499-2007 x3047 or Fax resume 718-788-2361

Tired of Working Retail This Holiday Season?
Publicly Traded Company has Immediate Openings
We train you. \$17 hr/Avg Starting AND UP. Call today. Start tomorrow 914-233-0645

***** WELDERS *****
For Boiler Repairs. Must pass 6G Pipe Test. Union brnfs. Call Mr. Richards 718-251-3000 Email: work@baler.com, 3885 Preston Court (Ralph Ave & E. 80th St.)

PLACE A LEGAL / PUBLIC NOTICE:
Name Changes, Liquor Licenses, Sidewalk Café
Call for quote
(212) 457,7856 or jim.colarusso@metro.us



Services

Careers

Careers

HIGH SCHOOL DIPLOMA FROM HOME
6-8 weeks accredited
Get a Diploma! Get a Job!
No computer needed!!
Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

Miscellaneous

REDUCE YOUR CABLE BILL!

Get an All-Digital Satellite System installed for FREE and programming starting at \$19.99/mo. FREE HD/DVR upgrade for new callers.
SO CALL NOW 877-356-0526

Health & Beauty

Never Shave Again!
Laser Hair Removal Specials
Lip, Chin or Underarms \$50
Brazilian or Bikini \$150
Full Face, Neck or Back \$150

Pamper Yourself
2 Treatments for \$99
Deep Pore Cleansing Facial
Microdermabrasion
60 min Aromatherapy
Massage
Slimming and Detoxifying
Body Wrap
LPG Cellulite Reduction

Nina's Day Spa & Laser Center
212.594.9610

\$\$\$ CASH PAID \$\$\$ BUYING NICOTINE PATCHES / GUM
Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Diabetic Test Strips
Call by 3pm for same day pickup
347-717-4323

Psychic

Shiva Astrology Centre
PANDIT: VINAYAKA SAAHU
917-378-1438
347-443-3208

HAVE YOU BEEN DISAPPOINTED BY MANY ASTROLOGERS. IT'S RIGHT TIME TO TAKE RIGHT DECISION. We rectify your problem & Gives Right solution for Curse, Black Magic, Jadoo, Voodoo, Obeya Depression, Business, Love, Health, Husband-Wife Relationship Jealousy Etc. THERE IS SOLUTION FOR ALL PROBLEMS.. ARISE, AWAKE & CALL TODAY!
165th Street, Jamaica Ave., NY 11432

SHEIKH SALEEM
917.254.6647
MYSTICAL AFRICAN MEDIUM & SPIRITUALIST
SOLVES ALL YOUR ISSUES.
LOVE SPECIALIST, REUNITE LOVERS, BUSINESS, JOB, COURT, LUCK, BLACK MAGIC, PROTECTION, IMPOTENCY, IMMIGRATION, ETC. ENGLISH AND FRENCH SPEAKING.
QUICK RESULTS
www.africanmedium.com

KADIR SPIRITUALIST AND MARIBOU

Want solutions for all your problems? Heals the body, stops witches, defeats enemies, and offer powerful protection. Do you have problems with relationships, family, property, court, or immigration cases?

718-213-9945

ACCESS JOBS TRAINING
PCT • CNA • HHA • EKG/PHLE/Pharm Tech
MEDICAL ASSISTANT • A+, BA, QA, SAP
CNA FREE Training if eligible
SOLAR TECH
Call: 718-263-0750
STUDENT VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus • 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

ACCESS CAREERS, BROOKLYN

- Nurse Aide / Assistant (CNA)
- EKG & Phlebotomy
- Pharmacy Technician
- Patient Care Technician (PCT)
- MS Office/ CPR

Are You HHA? Upgrade to PCT

Medical Assistant

Com. Networking (A+, MCSE, CCNA)

Com. Programming (C++, .Net, QA, BA)

ESL (Free If you Qualify)

Call Now: 866-487-5432
www.AccessCareers.edu 25, Elm Place, #201, Brooklyn, NY -11201

SEARCH IT. FIND IT. BUY IT.

metroclassifieds

OUR BIGGEST ONE DAY SALE

OF THE SEASON!

OUR LOWEST PRICES OF THE SEASON ON SELECTED ITEMS

WEDNESDAY, NOV. 20 SHOP 7AM-11PM

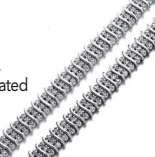
(IT'S A SALE TOO BIG TO FIT IN A DAY!)

ALSO SHOP TUESDAY, NOV. 19 FROM 8AM-11PM HOURS MAY VARY BY STORE

FREE SHIPPING AT MACYS.COM WITH \$75 ONLINE PURCHASE. NO PROMO CODE NEEDED; EXCLUSIONS APPLY.

DOORBUSTERS! TUES, 8AM-1PM & WED, 7AM-1PM
GET HERE EARLY! GREAT ITEMS! GREAT PRICES!

SAVINGS PASS DISCOUNT DOES NOT APPLY TO DOORBUSTERS.

DOORBUSTER 9.99
CLEARANCEOrig.* 49.50-59.50,
after 1pm: 15.99.
Dress shirts or ties
from famous makers.**DOORBUSTER 59.99**
CASHMERE SWEATERSReg. \$195, after 1pm:
super buy 79.99.
Only at Macy's.
From Club Room.
★ WebID 946345.**DOORBUSTER 59.99**
LUXURIOUS CASHMEREReg. \$129, after 1pm: 79.99.
Only at Macy's. From Charter
Club in V-neck & crewneck styles.
Misses & petites. Shown:
★ WebID 916947.**DOORBUSTER 15.99**
PUFFER JACKETSReg. \$72-\$85, after 1pm: 24.99-29.99.
Protection System for boys' 2-20;
London Fog® for girls' 2-16; infants'
12-24 mos. ★ WebID 994238.DOORBUSTER **20% OFF** REGULAR &
FOR HER, HIM & KIDS SALE PRICES**DOORBUSTER 40% OFF**
DESIGNER SPORTSWEARDoorbuster 39.95-\$70.
Reg. \$65-159.50, after 1pm:
47.63-119.63. Shirts, pants,
fleece tops & more selections.**DOORBUSTER 169.99**
SUIT SEPARATESOnly at Macy's. From Alfani. Jacket.
Doorbuster 109.99. Reg. \$360, after
1pm: 149.99. Pants. Doorbuster \$60.
Reg. \$135, after 1pm: \$80. Shown:
★ WebID 415415.**DOORBUSTER 12.99**
BRASReg. \$32-\$37, after 1pm:
buy 1, get 1 free. From Bali®,
Maidenform®, Vanity Fair® &
Playtex®. Shown: Ball® Lace Double
Support. ★ WebID 560829.**DOORBUSTER 65% OFF**
HOLIDAY DRESSESDoorbuster 16.80-27.30.
Reg. \$48-\$78, after 1pm:
\$24-39.90. Rare Editions & more.
Girls' 2-16; infants' 3-24 mos.
Shown: ★ WebID 1042883.**DOORBUSTER 69.99**DIAMOND** BRACELET
Reg. \$250, after 1pm: 81.25.
1 ct. t.w.* in 18k over silverplated
brass (★ WebID 1057515)
or silverplated brass.
(★ 1057516).**DOORBUSTER \$195**DIAMOND STUDS
Reg. \$600, after 1pm: \$294.
1/2 ct. t.w.* in 14k white gold.
★ WebID 652521.**DOORBUSTER 24.99**RAMPAGE BOOTS
Orig.* \$59-\$69, after 1pm: select
styles 39.99-49.99. Clockwise
from top: Eleanor (★ WebID
1046311), Brixlee (★ 975580) &
Idera (★ 975581).**DOORBUSTER 14.99**WOVEN SCARF FOR HER
Reg. \$34, after 1pm:
19.99. From Cejon.**DOORBUSTER \$39**
CULTURED FRESHWATER
PEARLSReg. \$200, after 1pm: \$70.
36" 8.5-9.5mm necklace
by Bell de Mer™.
★ WebID 813620.**DOORBUSTER 39.99**
3-PC. SPINNER
LUGGAGE SETReg. \$160, after 1pm:
79.99. New & only at
Macy's. Travel Select Bay
Front. ★ WebID 991355.**DOORBUSTER 29.99**12-PC. COOKWARE SETS
Reg. 119.99, after 1pm: 69.99.
Only at Macy's. Stainless
steel or aluminum nonstick
by Tools of the Trade.
Shown: ★ WebID 707382.**DOORBUSTER 97.99**24-PC. BED ENSEMBLES
Reg. \$400-\$500, after 1pm:
149.99. Only at Macy's.
Queen or king.
Shown: Danya.
★ WebID 1000905.OR, USE THIS PASS AND TAKE AN EXTRA \$10 OFF
TUES 'TIL 1PM OR WED 'TIL 1PM

SAVINGS PASS DISCOUNT DOES NOT APPLY TO DOORBUSTERS.

TUES 'TIL 1PM OR WED 'TIL 1PM; CANNOT BE USED ON DOORBUSTERS OR DEALS OF THE DAY
★ macys WOW! \$10 OFF**\$10 OFF** ALL SALE & CLEARANCE
APPAREL AND SELECT
HOME ITEMS!
YOUR PURCHASE OF \$25 OR MORE.
VALID 11/19 'TIL 1PM OR 11/20/13 'TIL 1PM.
LIMIT ONE PER CUSTOMER.

00032402107518021116

Excludes: Everyday Values (EDV), specials, super buys, furniture,
mattresses, floor coverings, rugs, electronics/electronics,
cosmetics/fragrances, athletic shoes for him, her & kids, gift
cards, jewelry trunk shows, previous purchases, special orders,
selected licensed depts., special purchases, services. Exclusions
may differ at macys.com. Cannot be combined with any savings
pass/coupon, extra discount or credit offer, except opening a new
Macy's account. Dollar savings are allocated as discounts off each
eligible item, as shown on receipt. When you return an item, you
forfeit the savings allocated to that item. This coupon has no cash
value & may not be redeemed for cash, used to purchase gift cards
or applied as payment or credit to your account. Purchase must be
\$25 or more, exclusive of tax & delivery fees.the magic of
macys
.com

Macy's pass discount doesn't apply to doorbusters. Fine jewelry doorbusters are only at stores that carry fine jewelry. ► REG. & ORIG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. ONE DAY SALE PRICES IN EFFECT 11/19 & 11/20/13. MERCHANDISE WILL BE ON SALE AT THESE & OTHER SALE PRICES THROUGH 1/4/2014, EXCEPT AS NOTED. "Season's lowest price" refers to Macy's winter season from November 1-January 31, 2014. *Intermediate price reductions may have been taken. †All carat weights (ct. t.w.) are approximate; variance may be .05 carat. **May contain rose-cut diamonds. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macys.com/gemstones or ask your sales professional. Doorbusters & clearance items are available while supplies last. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Prices & merchandise may differ at macys.com. Luggage shown carries mfr's warranties; to see a mfr's warranty at no charge before purchasing, visit a store or write to: Macy's Warranty Dept., PO Box 1026, Maryland Heights, MO 63043, attn: Consumer Warranties. ★ Enter the WebID in the search box at MACYS.COM to order. N3100030.



OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO \$100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of \$100; application must qualify for immediate approval to receive extra savings; employees not eligible.